



BENELUX LINK

November/December 2005

USAG BENELUX



USAG BENELUX



2006 MWR CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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U.S. Holidays SHAPE Holidays

Dutch Holidays: Sunday, 1 January - Monday, 17 April - Sunday, 30 April - Friday, 5 May - Thursday, 25 May - Sunday 4 and Monday 5, June - Monday, 25 and Tuesday 26 December.



Colonel Dean A. Nowowiejski
Commander, USAG BENELUX



Commander's Column

This is a special time of the year. Holiday season, end of the calendar year and time for resolutions. Time to get together with friends and family and to remember those who are deployed. Many emotions, memories, and thoughts flood your mind at this time of year. For many, this is a lonely time.

So what should we do about it? First, as usual, let's remember safety. Over this calendar year we have had some near misses on the highways. Driving in the Benelux is challenging and dangerous. People do drink and drive in our communities, despite all the reminders, Oak Tree discussions, and leadership. Why do they do it? Probably because they think drinking and driving pertains to someone else. All the reminders are still in force for this holiday season. Don't even have one drink and get behind a wheel. Watch your neighbor. Remember that with holiday parties and loneliness the risk goes up. Roads are dark and slippery during the winter, and we face the temptation to drive when we are fatigued. We all must act as a caring team to avoid accidents and fatalities over the holiday season. Don't walk by an unsafe situation.

We need to pay special attention to motorcycle operation. The rules about wearing proper safety equipment to operate have been reinforced. You can't ride unprotected. Neither can you operate a motorcycle without taking a Motorcycle Safety Foundation approved safety course. Patterns show that middle and senior grade leaders are very vulnerable to motorcycle accidents. All leaders need to be engaged with their subordinates, checking to insure that if they own a motorcycle or moped, they are properly trained, licensed, equipped, and safe day to day to operate their motorcycle. The rest of us need to be especially attentive to motorcycles on the highway. You have to watch out for them.

I would encourage you to think of those who are alone over the holidays. People around you have family members deployed in harm's way, or they are overseas away from their families. Many of us have faced challenging illnesses in our families over the last year, or will continue to deal with them during the holiday season. Show some special hospitality and caring for those who are alone or hurting this holiday season. It is a good time to remember what we all have to be thankful for during this season.

November is Native American Heritage Month. The national theme is "Honoring Heritage: Strengthening Our Nation's Spirit." How appropriate that the month we have Thanksgiving, we remember the Native Americans who made the first Thanksgiving possible. The events vary by community, so please check the Meteor-Heraut or your community web page (www.usagbenelux.eur.army.mil) for planned events.



CSM John M. Gaines
USAG BENELUX Command Sergeant Major



Lieutenant Colonel Richard S. Richardson
Commander, USAG Schinnen



Lieutenant Colonel Patrick J. Kilroy
Commander, USAG Brussels



Lieutenant Colonel John G. Romero
Commander, Chievres Garrison



David L. Lucia
Director, Morale, Welfare, and Recreation



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The USAG BENELUX publication, "BENELUX Link" is a bi-monthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the DMWR Marketing Team at DSN 361-5904 or e-mail beneluxlink@benelux.army.mil.

For more USAG BENELUX information, please visit:

<http://www.usagbenelux.eur.army.mil>

There is no US government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

The DMWR Marketing Team is located on Daumerie Caserne, Building #5.



Schinnen
Pages 4-10



Brussels
Pages 11-17



SHAPE/Chievres
Pages 18-30



All Communities
Pages 31-32

In this Issue

Page 9 **Schinnen Holiday Trips!**

Page 19 **Tis The Season**

Page 20 **Benelux Finance**

Pages
31 and 32 **Newcomer Pages**

ARMY COMMUNITY SERVICE

Bldg 39, Schinnen
DSN 360-7500 CIV 046 443-7500
Open M-F 8 - 4:30 p.m.
Closed December 24-26 and 31,
and January 1-2.
Open 8 a.m. - Noon on 30 Dec.

Take advantage of these great opportunities to enrich your life. Call ACS today to sign up and register for any of the following classes and programs.

ACS Contract Positions

ACS is looking for qualified individuals with a BS degree to fill a Contract position as Information and Referral Coordinator. If you're interested, please contact ACS at DSN 360-7452 or CIV 046 443-7452.

Relocation Assistance Program

DSN 360-7512 CIV 046-443-7512

Newcomers Orientation

Discover living and working in the Tri-border area by visiting military and civilian sites. We will give you the information that will ease your transition and lessen your stress. The next Newcomers Orientation will be on November 18 and January 13.

Sponsorship Training

Learn about becoming a sponsor for new people coming into the area.

We offer a monthly sponsorship training class for soldiers and civilians who have been appointed to sponsor a Newcomer. The sponsorship training is usually offered on the third Wednesday of the month. Next class is offered on November 16 and December 21.

Cultural Adaptation

Get support and assistance while coping with cultural differences and military life. The Cultural Adaptation is offered every 2nd and 4th Wednesday of the month from 1-3 p.m. in the ACS Conference Room. Next class is offered on November 9, 23 and December 14.

Foreign Born Spouses Orientation

Foreign born spouses coping with cultural differences and military life can receive support and assistance at this orientation class. It is offered every 2nd and 4th Wednesdays of the month from 2 - 3 p.m. in the ACS Conference Room. Next class is offered on November 9, 23 and December 14. Call ACS to sign up.

ARMY COMMUNITY SERVICE**Family Advocacy Program (FAP)**

DSN 360-7367 CIV 046 443-7367

FAP Prevention Education

Classes are free on a first come first serve basis but pre-registration is required.

Child Safety Class

Recognize the impact and indicators of too much stress in your child's life. Class is held every Wednesday from 9:30-11:30 a.m. at the ACS Conference Room.

Get a Grip Series

The Get a Grip series is designed for couples who are married or students. The series is offered in two locations:
During the day (students)
AFNorth International School
Every Tuesday, 3:30 p.m. 4:30 p.m.
Students get credits for attendance
Evenings (couples)
ACS, Every Tuesday from 5-7 p.m.

Get A Grip On Building Relationships

Daily challenges face you and your family, friends and teachers. Learn how to strengthen these bonds.

Get a Grip on Communicating

Participants will understand the importance of learning and using effective communication skills.

Get a Grip on Anger

This is a hands on workshop to deal constructively with anger. Learn strategies to help calm things down in your life.

Get a Grip on Teenage Stress

Discusses causes and methods and coping with the persistent onset of stress.

Family Member Employment Assistance

DSN 360-7269 CIV 046 443-7269

Finding Employment Workshop

Gain knowledge about job searching skills and where to find employment within the local area. The workshop is held every Tuesday from 10 a.m.-Noon. Please sign up with ACS.

Hands on Resume/Resumix Workshop

Create, store, and send a resume online and find out how to apply for Federal Government jobs. The workshop is offered every Tuesday from 1-2 p.m. in the ACS Resource Lab.

Joint Employment Transition Service (JETS) Meeting

December 7 at 2 p.m.

**ARMY COMMUNITY SERVICE
Deployment and Mobilization
Readiness**

DSN 360-7218 CIV 046 443-7218

**Webcams, VTC and morale
phone calls available at ACS**

In case of deployment, TDY, PCS move, hospitalization or any other event that can keep you separated from your family and make you lonely and homesick... ACS has now free live webcams and VTC available to use when you want to share special moments such as a new baby, a graduation, or birthday greetings. This service is free of charge and offered daily from 8 a.m.-4:30 p.m. but only by appointment, so please call in advance.

Coffee Hour

Families and friends of deployed soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee and treats. 10 a.m.-Noon, on November 9, 23 and December 14..

**Financial Readiness and Army
Emergency Relief**

DSN 360-7453 CIV 046-443-

Financial Readiness Classes

The class covers banking and Credit Union services, budget development, record keeping, debt liquidation, insurance, and more. Next class is offered on November 16 and December 21 from 10-11:30 a.m.

Financial Focus

This is a two part class for first term soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Get tips on how to stretch your dollars. Class is offered every 2nd Wednesday of the month from 10-11:30 a.m. and held on November 9 and December 14.

**One-on-One Financial Counseling
(OFF Site)**

Receive specialized help and support with understanding your local utility bills and advice on your personal finances. Our experts are available every 2nd and 3rd Wednesday of the month from 2-4 p.m. at the AFNorth Battalion Conference Room. In the Rotterdam community we have experts on the 1st and 3rd Monday of the month from 2-4 p.m.

ARMY COMMUNITY SERVICE

Army Family Team Building (AFTB)
DSN 360-7464 CIV 046 443-7464

AFTB is a progressive training program designed to provide information and skills development to enhance personal and family readiness. The AFTB program offers a full spectrum of helpful courses to include: Conflict Management, Understanding Needs, Crisis and Grieving, and much more!

Stop by, take a look at our complete schedule, and sign up today!

**Volunteers are needed!**

Help teach the training modules, provide on-site childcare and perform administrative duties to support AFTB.

AFTB Classes offered in November and December**Level 1 Training:**

Introduction to Family Financial Readiness November 3 from 1:30-2:15 p.m.

Level 2 Training:

Intermediate Problem Solving November 10 from 1:30-3 p.m.

Level 2 Training:

Time Management November 17 from 1:30-3 p.m.

Level 1 Training:

Basic Problem Solving December 1 from 1:30-2:15 p.m.

Level 2 Training:

Meeting Management December 8 from 1:30-2:30 p.m.

Level 2 Training:

Networking with Community Agencies December 15 from 1:30-2:15 p.m.

Level 2 Training:

Building a Resource Library December 15 from 2:20-2:50 p.m.

ARMY COMMUNITY SERVICE

Army Family Action Plan (AFAP)
DSN 360-7263 CIV 046 443-7263

Have you ever thought, "If the Army would just ask me how to fix this I could tell them!"
The AFAP Program gives you the chance to do just that!

The Army Family Action Plan (AFAP) is one of the Army's principle programs put in place to ensure that standards of living in the Army keep pace with changing times. AFAP gives Soldiers, retirees, DA civilians, and their families the opportunity to let Army leadership know what is working and what isn't, and their ideas about what will fix it. Issue drop boxes are now located at the Schinnen PX, ACS and the HQ lobby.

New Parent Support Program (NPSP)

DSN 360-7335 CIV 046 443-7335

Playgroup for Toddlers

This interactive and educational playgroup is designed to develop parenting skills and to give parents and children a chance to socialize. Kids will get to know each other and have fun and moms will have support.

The group meets at the Schinnen Sports Center, every Thursday morning from 9:30 -11:30 a.m.

Infant Massage Class

Massaging your baby is a great way to start a loving relationship that will affect them their whole life. It's an ancient tradition in many cultures and is now being rediscovered in the West. There is evidence that shows that a loving, touching, nurturing contact between a caregiver and infant has a positive impact in their development. Meet other new parents at the Schinnen ACS Conference Room and learn the benefits of massage for you and your child.

Classes are offered on the 1st and 3rd Tuesday of the month from 10 a.m.-Noon.

Next classes are on November 15 and December 6, 20.

Heerlen Hospital Tour

Visit the labor and delivery unit and meet with OB labor and delivery nurses. Transportation is provided. The tour is offered every three months, and next date is on December 12. Please contact NPSP at 046 443-7335 for details.

ARMY COMMUNITY SERVICE

OB Orientation/Prenatal Education Class

Learn about cultural differences, giving birth overseas, and community resources. This class is held on the 1st Tuesday of every month from 10 a.m. - Noon at the Geilenkirchen Clinic Conference room. Next class is on December 6.

Breastfeeding Support Group

The class is dedicated to provide education, information, support, and encouragement to women who want to or already breast feed. The group meets every 3rd Wednesday of the month from 10 - 11 a.m. in the Schinnen ACS Conference Room. Next group meeting is on November 16 and December 21.

CHILD & YOUTH SERVICES

Programs are open to all U.S. and NATO ID cardholders. All children and youth must be registered through Central Enrollment and Registration (CER) to use the services. A yearly registration fee is required. CER enrolls children in programs and maintains waiting lists when needed.

Central Enrollment and Registration (CER)

Treebeek Education Center
DSN 364-6221 CIV 045 563-6221
Open M - F 8 a.m.-3 p.m. for walk-ins and 3-5 p.m. for appointments only.

Closed US/NATO holidays.

Email: cys.schinnen@benelux.army.mil

Family Child Care

Treebeek Education Center
DSN 364-6221 CIV 045 563-6221
Full day/extended/hourly care for infants and children up to 6th grade. Call for information on child care.

Family Child Care Providers Needed!!

Would you like to work at home taking care of children in your government leased quarters? Support working parents and call today for an application and further information.

Child Development Center (CDC)

JFC HQ Brunssum
DSN 364-2575 CIV 045 526-2575
Full day care for infants to Kindergarten children.
M/W/F, Tu/Th from 9 a.m.- Noon
Part Day Preschool (3-5 years old) or M-F Hourly care (space available)
Register at Central Enrollment

CHILD & YOUTH SERVICES School Age Services (SAS)

JFC HQ Brunssum
DSN 364-3004 CIV 045 526-3004
Before and after school care,
1st through 5th grade. Hourly care
available with reservation. Full
daycare on school out days.
Please call for reservation.

Youth Services

Bldg H603, JFC HQ Brunssum
DSN 364-3008 CIV 045 526-3008
Open M-F 3:30-6 p.m. and
8 a.m.-6 p.m. on school out days.

Youth Sponsorship

Wouldn't it help to at least talk to
another teen living where you soon
will be? Ease the transition to your
new community by requesting a
youth sponsor. You can have a
sponsor help you make the transition
and before you know it, you'll be an
old pro at your installation, and
maybe you can sponsor another
relocating teen. Free training is
available to youth interested in
becoming a sponsor.
Call CYS for details.

Youth Center (YC)

Bldg H603, JFC HQ Brunssum
Regular hours 1-6 p.m.
Center will be open at Noon during
the early AIS dismissals from
November 15-17.

YS Holiday hours

Nov 18 - 8 a.m.-6 p.m.

Dec 16 - Noon-6 p.m.

Dec 19-23 - 8 a.m.-6 p.m.

Center is closed from
Dec. 26-30

The Youth Center is free of charge
for registered members.

Thanksgiving Dinner

The Keystone and Torch Club has
organized a Thanksgiving Dinner
on November 17 from 4:40-5:30 p.m.
At the Youth Center.

Trip to Maasmechelen Movie Theatre

With school out on November 18 a
trip is planned to the Maasmechelen
Movie Theatre that day. Call YS for
details and to sign up

Technology Labs

YS and SAS have brand new
technology labs. Come check out
the new computer games.

Child and Youth Services Youth Sports

Winter Sports Registration is open
from November 1 to December 2
at Central Registration.
Basketball, Cheerleading, Wrestling.
Current health assessment and
CYS registration required.

School Liaison Office (SLO)

Treebeek Education Center
DSN 364-6141 CIV 045 526-6141
School transitions, reduced price
lunch program.

Job and Volunteer Opportunities at CYS

Program Assistants

Duties: Helps arrange room and
play materials to accommodate daily
schedules. Assists in planning
appropriate activities for children.
Interacts with children during
programmed activities. Attends to
physical needs of the children.
Works with infants through high
school teens.
Applicants must be 18 years old,
and have a high school diploma or
GED. Salary is linked to training
and experience. Free training will
be provided.

Volunteers welcome in program

Hold a baby, play with a child
or teach a skill to a teen. Volunteers
are always welcome at CYS.

Volunteer coaches Needed!!

Get involved in your favorite sport.
CYS is seeking coaches and
mentors to assist in a variety of
sports. Bring in unique skills and
enrich the program. Volunteer Head
Coaches receive free and
discounted sports enrollment for
their children.
Call DSN 364-6056 for more details.

Army Volunteer Corp Program

DSN 360-7451 CIV 046 443-7451

Specific programs include the
Volunteer of the Year, Volunteer
Advisory Council and Volunteer
Week activities.

Army Volunteer Services

Volunteers are needed at many
agencies - whatever your skills, you
can help! Share your knowledge and
become a Volunteer. Get involved
and help promote community well
being. For Volunteer openings
please call the AVS Corp
Coordinator to find out where you
may be needed.

Community Recreation Recreation Plaza

The Recreation Plaza offers a
Bowling Center, Memories Lane, a
Children's Play Center, a Café and
an Adult Recreation Room.

Bowling Center

Bldg 40, Schinnen
DSN 360-7207 CIV 046 443-7207
Open W-Sa 11 a.m. - 9 p.m.,
Su 11 a.m. - 6 p.m.

Holiday Hours:

Closed December 19-20, 24-26 and
January 1-2
Open December 31 until 5 p.m.

The Bowling Center offers a 12-lane
house with Cosmic Bowling,
bowling leagues, and open bowling.

Exciting **Cosmic Bowling**, followed
by **Social Hour** in the Memories
Lane Lounge, begins every
Friday at 6 p.m.

NO TAP Bowling

comes to Schinnen at 5 p.m. on the
Saturday, November 19.

Bowl for \$1/game every Wednesday
through Friday from 11 a.m.
until 4 p.m.

Special Deals in November

Air Force Night

Show your Air Force ID on
November 4 and bowl for \$1 a game
from 6-9 p.m.

Veteran's Day

All active and retired military will
bowl for \$1 a game from 6-9 p.m.
on November 11.

British Night

Show your ID and bowl for \$1 per
game from 6-9 p.m. on November 18.

Red Pin Bowl

Bowl a strike with a red pin as the
head pin and win a free game on
November 19.

Turkey Weekend

From November 25-27 bowl three
consecutive strikes and win a free
game.

Special Bowling Deals in December

Breakfast with Santa

Begins at 10 a.m. on December 3

Christmas Party

The Christmas Party is being planned
for December 16 starting at 4 p.m.
in the Memories Lane Lounge
followed by Pick-Your-Price Bowling
from 6-9 p.m.

COMMUNITY RECREATION**Harry's BBQ**

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7257
Open Tu 11a.m.-2 p.m.,
W 11 a.m.- 8 p.m., Th - F 4 - 8 p.m.
Sa 11a.m. – 6p.m, Su Noon – 4 p.m.

Have 'em your way: Appetizers or Country style BBQ Ribs, Baby Back Ribs or Boneless Pork Ribs char-grilled with BBQ sauce and fries. Stop by Harry's BBQ and satisfy your taste buds.

Pin Point Café

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7527
Open W-F 11 a.m.-8 p.m.,
Sa 11 a.m.-6 p.m.

The Pin Point Café features à la carte items such as chicken, hamburgers and specials. Party catering available too.

Movie Theatre / Alliance

JFC HQ Brunssum
DSN 364-2110 CIV 045 526-2110
Box Office Opens F-Su 6:30 p.m.
Movie at 7 p.m.
Saturday Matinee at 4 p.m.

MWR Trips & Tours

Schinnen Fitness Center
DSN 360-7561 CIV 046 443-7561
Check out our numerous MWR trips that are offered every month, take the worry out of travel and relax on any of these fun Winter Outings!

November 26**Christmas Shopping in Paris**

Thanksgiving weekend and a perfect Saturday to stroll the Champs-Elysees. This can be a dream come true. Not because of the bargains in the stores (there aren't any) but because at this time of year Paris is a wonderful city of lights and monuments that glow and shimmer like a living fairy tale. Just \$49/person.

**MWR/BOSS Office**

Treebeek Education Center
Room 132
DSN 364-6141 CIV 0455-63-6141

The next BOSS Meetings will be held on November 10 and December 8 at 2 p.m. in the U.S. Delegation Bldg on JFC-Brunssum.

COMMUNITY RECREATION**MWR Trips & Tours****December 10****Cologne Christmas Market**

Do you ever find yourself yearning for a more traditional Christmas? Consider a trip to Germany during the Advent season for a visit to the magical Christmas markets in Cologne. You will see, smell, and taste the magic of Christmas... Just like you did when you were a child.

The four main Christmas markets are at Alter Markt, Cologne Cathedral, Neumarkt and Rudolfplatz. There is also a medieval Christmas market at the Chocolate Museum and the Heumarkt ice rink.

Price for this day trip \$27.50/person.



Don't miss the Heumarkt ice rink!

February 10-12**Valentine's Day Weekend Trip to Paris**

Paris is one of the most romantic cities in the world. Walks by the river Seine, intimate dinners in small bistros, the city is even displaying messages of love on billboards. Think you want to spend Valentine's in Paris? We can help you do that. Spend two nights at the Mercure a 3-Star Hotel inclusive Breakfast for \$199/person. Please register by December 31.

SATO Travel

Schinnen
DSN 360-7385 CIV 046 443-7482
Open M-W-F 8 a.m. - 5 p.m.,
Th 8 a.m.-8 p.m.

SATO Travel is a full service travel agency for Military and Government Travel and offers services such as airline and train reservations as well as tickets and information on tours.

FITNESS & SPORTS

Bldg 38, Schinnen
DSN 360-7561 CIV 046 443-7561
Open M -F 6 a.m.- 8 p.m.,
Sa/Su and Holidays 9 a.m. - 5 p.m.
Holiday Hours:
Open on Dec. 24 and 31 from
9 a.m.- 3 p.m.
Closed on Dec. 25-26 and Jan. 1.

Body Relax

Offered Thursdays from 5-6 p.m.
Be sure to ask about our other courses in Spinning, Circuit Training, Racquetball and Wall Climbing.

Step Aerobics

Tuesdays and Thursdays
from 6:30 -7:30 p.m.

The Fast and the Furious

Sign up by December 5 for Dodge Ball and Wally Ball during lunch hour. Team strategy meeting is held on December 5. Dodge Ball will be played on Tuesdays and Wally Ball on Thursdays. We need 4-5 players per team.

INDOOR SWIMMING POOL

Located next to the Arts & Crafts Center on JFC Brunssum.
DSN 364-3172 CIV 045 443-3172
Open Tu-F 4-7 p.m., and
Sa/Su Noon - 4 p.m.
Adult Lap Swim M-F 7-8 a.m.
Public/Family Swim Tu-F 3-6:30 p.m.
and weekends Noon-4 p.m.

Enjoy the indoor pool or take advantage of a variety of classes to include, scuba diving and water aerobics. Catered parties and special events are available for a fee. Fridays 7-9 p.m. and weekends 4-6 p.m.

Pandemic Flu Facts

Weblinks for flu information and pandemics

<http://www.cdc.gov/flu/avian/gen-info/pandemics.htm>

http://who.int/mediacentre/factsheets/avian_influenza/en

<http://www.pdhealth.mil/influenza.asp>

ARTS & CRAFTS CENTER

Bldg H607, JFC Brunssum
DSN 364-2454 CIV 045 526-2454
Open Tu-Th 10 a.m.-5 p.m.
W 10 a.m.-9.30 p.m. and Su 1-5 p.m.
Closed December 19, 24-31 and
January 1-2.

CLASSES

To reserve a spot in the following classes, call DSN 364-2454. Class times and dates are flexible. Sign up for each class is required.

Fine Art

Painting (Oil, Acrylic, Egg Tempera and Watercolor)
Drawing (Pencil, Oil, Pastel, Chalk Pastel and Charcoal)
2 hour classes for €11 each.
Both classes are offered on Thursdays from 10 a.m.-Noon.

Scrap-booking

(Creative Memories Workshops)
Looking for some easy organizing ideas and tips? In this Scrap Booking class we show you how to create meaningful and creative albums. The class is held Wednesdays from 10 a.m.-Noon.

Basic Matting and Framing Workshop

Tired of that blank wall, your child's art is still on the refrigerator? The Matting and Framing workshop will teach you how to preserve those precious memories. You will learn how to frame your pictures, prints, artwork and collectibles. Instruction covers how to select molding, mat colors, accurately measure and cut mats and glass. When the workshop is over you will take home your ready to hang art. This Workshop is offered Tuesdays from 5:30-8:30 p.m. and cost is €35.

Fly Fishing & Fly Tying



Fly Fishing & Fly Tying

Offered Wednesdays at 8 p.m. We teach you everything you need to know regarding fly tying and fly fishing.

ARTS & CRAFTS CENTER

Rubber Stamp Art

We have a wide selection of stamps and other materials in our store. The class is offered Tuesdays from 6:30-9 p.m.

Stained Glass Course

Bring a stained glass item and learn about lead and Tiffany styles. Cost is €11.
Please call for dates and times.

Dry Brush Ceramic Painting

Bring a ceramic item and learn or improve your dry brushing technique. Class is offered Tuesdays from 10-11 a.m.

Bobbin Lace Class

Lace made on a pillow with bobbins is a very old craft; the earliest pieces dating from Elizabeth I. It is an open fabric created by crossing and twisting threads over each other. The threads are wound on bobbins and are worked on a pillow, a feature that distinguishes it from laces such as tatting, crochet, hairpin and needle laces which are done with tools and threads held in the hand. Class is offered on Tuesdays from 6:30 - 8:30 p.m.

NEW to the Ceramic Shop

To use the facilities, complete the beginner ceramic pouring class offered on Wednesdays from 10 a.m.-Noon and 6-7p.m. for €15. Gary instructs you on mold and tool use and cleaning techniques. Complete this class and receive a firing number that allows access to the facility. Sign up required.

Basic Ceramic Painting Class.

Sign up to learn three different painting styles including glazing. Please bring an item to paint in class. Offered Tuesdays from 10-11 a.m.

Ceramic Mosaic Workshop

This three-hour class is offered on November 4, 18, 25 and December 2, 9, 16, 23 from 3-6 p.m. €11 includes materials.

Gem Tree Class

Gem trees make great gifts for birthdays, anniversaries, house warmings, other special occasions, or to give a room special vibrations. Class is offered Wednesdays from 3-5 p.m. for €11 including all materials and instruction on how to make a finished wonderful gift.

CUSTOM FRAME CENTER

Bldg H607, JFC Brunssum
DSN 364-3821 CIV 045 526-3821

Custom Framing

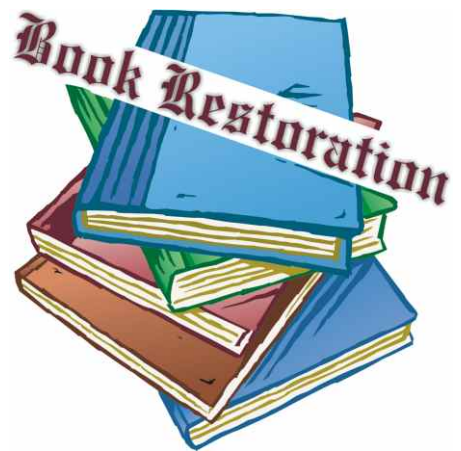
Custom Frame Center has ready-made frames and mats in many sizes and styles for immediate pick up. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry mounting, laminating, and shrink wrapping, and can suggest the best way to preserve and frame your treasures.

Assorted Posters for Sale

We have over 65 different standard-sized posters for sale, in the Custom Frame Shop. The posters are mainly thematic color illustrations... space-ships, dinosaurs, rockets, plants, whales, sharks, flowers, trees, and famous artists' lives, in paintings and text. Each poster is €5.

Hand Painted Egyptian Papyrus for Sale

We have 14 different sized papyrus for sale in the Custom Frame Shop.



Book Binding in Linen and Leather Workshop

Sign up for this 9 hour class and learn the rare art of book binding. Finish two books in linen and leather. €37 (includes all materials)

Book Restoration Class

Sign up today for this 3 hour class and discover the art of book restoration. You will finish a book that you bring. Materials, if needed, will cost extra. Please come to the craft shop to see the beautiful examples. Cost is €7.

NEW!!! Engraving

Please ask about our new computerized engraving. This is perfect for you to engrave plaques, signs, plates, outdoor signs, door plates, or diplomas.

MWR Trips & Tours

Day Trip to the

Cologne Christmas Market

Sat 10 Dec

Departs Schinnen at 9:30 am, arrives Cologne at 11 am, allowing 9 hours of leisurely shopping.

\$27.50

Christmas Shopping in Magnificent

PARIS

26 Nov

Thanksgiving weekend and a perfect time to stroll the Champs-Elysees.

\$49

For more information stop by the Schinnen Fitness Center or call
DSN 360-7561 or CIV 046-443-7561



AUTO HOBBY SHOP

JFC Brunssum
DSN 364-3173 CIV 045 526-3173
Hours: Tu 8 a.m.-4 p.m.,
W 9 a.m.-5 p.m., Th Noon-8 p.m.
F/Sa 8:30 a.m.- 4:30 p.m.

LIBRARY

JFC HQ Brunssum
DSN 364-2669 CIV 045 526-2469
Open Tu-W 10 a.m.-8 p.m.,
Th-F 10 a.m.-6 p.m.
Sa/Su Noon -4 p.m.
Our website is:
www.afnorthlibrary.benelux.army.mil

TAX RELIEF OFFICE (VAT)

Schinnen
DSN 360-1780 CIV 046 443-1780,
Open M-Fr 8 a.m.-4:30 p.m.
Closed US Holidays



Schinnen Christmas Holiday Hours

AAFES

Open:
Dec 24 from 8 a.m.-6 p.m.
Jan 1 from 10 a.m.-6 p.m.
Closed:
Nov 24 for Thanksgiving
Dec 25 for Christmas

Defense Commissary

Closed:
Nov 24, Dec 25 and Jan 1

Community Bank

Open:
Dec 31 from 9 a.m.-Noon
Closed:
Nov 24 and Dec. 24

**Andrews Federal
Credit Union**

Closed:
Nov 24

**ROTTERDAM PROGRAMS and
ACTIVITIES**

**Directorate of Morale, Welfare
and Recreation (DMWR) Office**
DSN 362-2420 CIV 010 459-2420

The DMWR office is committed to promoting the quality of life of every Service Member, family member and civilian employee assigned or attached to the Rotterdam community. If you have any questions to the following programs, please contact our office.

**Family Readiness Group (FRG)
MWR Coordinator**

DSN 362-2494 CIV 010 459-2494
Our Community Room is open around the clock.

The idea behind a Family Readiness Group (FRG) is that soldiers and families benefit from helping one another cope with the rigors of Army life. The family readiness group can be a shoulder to cry on or an ear to listen to their issues and their stories. Call the FRG coordinator to find out when your local FRG group meets.

Library

DSN 362-2454 CIV 010 459-2454
Open M-F 10 a.m.-6 p.m.
Closed 1-2 p.m. for lunch

The days are getting shorter and colder. This is the right time to join the library and cozy up with a great book. Find a great recipe book or stories about Christmas and the holidays. Whatever your taste we might have the right "Winter Survival Kit" for you!

**Arts & Crafts -
Outdoor Recreation**

DSN 362-2457
CIV 010 459-2457
Open M-F 10 a.m.-4 p.m.

This is a great time of the year to take advantage of our facilities. Save some money and make your own presents for the holidays.

Choose from a variety of crafts and learn how to craft candles, scarves, cute decorations, and more. And for those of you who will be going away for the holidays, we also offer a full assortment of winter sports equipment rentals.

**ROTTERDAM PROGRAMS and
ACTIVITIES****Hal's Lounge**

Open M-Th 2:30-8 p.m.
F 4:30-10 p.m.

Socialize with friends or bring this special someone to our New Year's Eve Party on December 31. Everyone is invited to this wonderful year end event. Contact Hal's Lounge for more info.

**Fitness Center, Weight Room,
Car Wash and Car Lift**

Open 24 hours a day for your convenience.

Fun Events for the Holidays

Community Thanksgiving Lunch
Please join us for our annual Thanksgiving Lunch on Wednesday, November 23 at Noon in the CADI Lounge.

5K Turkey Trot or Walk

This great traditional run or walk is set for Wednesday morning, November 23 at 10 a.m.. Meeting point is at SDDC, Bldg. 598

Coast Guard Breakfast with Santa

You are invited to a free and delicious breakfast in the CADI Lounge on December 10 at 10 a.m.

Community Christmas Party

Come join us for a festive afternoon of family fun! Our community Christmas party will be held on December 16. Share the season of joy! Party starts mid-afternoon.

MWR Trips & Tours
Valentine's Day Weekend in Paris
10 - 12 FEB

This Valentine's Day weekend travel with MWR Trips & Tours to the City of Lights and Romance. You'll be staying two nights at the beautiful 3 star Mercure in the center of Paris, just steps from the Notre Dame, the Louvre, and the Champs-Elysees.

Open to all US / NATO ID card holders.

Price is \$199 per person (double occupancy) with a \$90 single room supplement. Breakfast included. Please register with full payment before 31 December 2005.

For more information call the Schinnen Fitness Center at
DSN 360-7561 or CIV 046-443-7561

ARMY COMMUNITY SERVICE **Information and Referral Program**

Bldg 4 top floor, USAG Brussels
ACS Reception/Info and
Referral Desk (in front of the
elevators)
DSN 368-9783 CIV 02 717-9783
Open M-F 8 a.m.-5 p.m.

Information and Referrals

Come to ACS, Bldg 4, top floor and have your questions answered; pick up community event flyers, program tri-fold brochures, and free copies of the Benelux Link magazine, Meteor-Heraut newspaper, and Connection magazine; receive information on Brussel agencies; process Makro cards; and sign up for classes! The ACS Reception/In-take desk is located in front of the elevators and open Mon-Fri from 8 a.m.-5 p.m.

Website: www.brusselslife.be

Available in English or French and provides visitors with leisure-time info on restaurants, language schools, cultural events, local customs, sport clubs and children's activities.

Relocation Readiness

Bldg 4 top floor, Rm 302
DSN 368-9729 CIV 02 717-9729

Sponsorship Training

If you need some tips on how to become a "know what to do sponsor", if you need training in order to better accomplish your sponsorship duties, you can either call ACS and ask for a one-on-one training or be trained online by going on the S-Gate Sponsor Training Website at:

<https://www.sponsor-training.hqusaureur.army.mil>.

This site provides training for first time sponsors, as well as, good resources for trained sponsors.

Metro Madness Outing

The easiest way to travel around the capital of Europe without worrying about traffic and parking space hunting is to use the Brussels public transportation system. This most popular class, followed by an exploratory trip, will get you acquainted with the bus, the tram, the metro and pre-metro. Limited to 10 people, so reserve your spot in advance. Next class is offered on November 18. There will be no classes in December due to the Christmas Holidays.

ARMY COMMUNITY SERVICE **Employment, Deployment and** **Mobilization Readiness**

Bldg 4 top floor, Rm 326
DSN 368-9735 CIV 02 717-9735

Job Announcement Board

The ACS Employment Readiness Program maintains a list of job offers in the region. Vacancies are posted on the Job Announcement Board, which is located next to the ACS Employment Readiness Manager's Office. For more information or to obtain application forms and other useful handouts, contact ACS today.

Army Family Team Building (AFAP)

Army Family Team Building (AFTB) is a volunteer organization which provides training and knowledge to spouses and family members of active duty military personnel to support the total Army effort. AFTB's mission is to educate and train all of the community who is interested in learning more about the Army lifestyle. Advanced sign up is required at DSN 368-9783. Free limited childcare is provided to participants and volunteers.

Instructor Training

If you enjoy helping others and sharing your knowledge take our course and become a certified AFTB Instructor. Class is offered on November 15 and 16 from 9 a.m.- 4 p.m.

Leadership Skills

Have you ever wondered what makes a good leader? This class is offered on December 7 from 1-4 p.m. and talks about effective Leadership and the skills effective leaders achieve.

2-day ACAP becomes 4-day TAP

The Army Career & Alumni Program (ACAP) is over, now replaced by the Transition Assistance Program (TAP). TAP is open to all military members, their spouses, and civilians contemplating leaving government service. The program includes a pre-separation briefing and a career transition workshop. The pre-separation briefing, required by public law, reviews the benefits and services available to military service members and their families as they leave the service.

Topics are: Welcome to TAP, Survivors Benefit, Tri-care, Pre-Separation Counseling, Retiree Affairs, Introduction/Personal Appraisal, Career Exploration, Veteran's Administration Briefing, Strategies for an Effective Job Search, Interview, and much more...

ARMY COMMUNITY SERVICE **Employment, Deployment and** **Mobilization Readiness**

Bldg 4 top floor, Rm 326
DSN 368-9735 CIV 02 717-9735

MOS Translation Service

If you have documents requiring translation services, you can send them to the new Military One Source email address: militaryonesource@ceridian.com Military One Source (MOS) is an information and referral service designed to supplement the I&R Program of your Brussels ACS.

Service is 24 hours a day, 7 days a week, 365 days a year. All branches of service are eligible and Active Duty, National Guards, Reservists and Family Members may also use MOS for free. The Website gives you worldwide access to i.e. online articles, newsletters, and workshops, booklets and audio recordings at no cost to you, and translations of documents from and into over 150 foreign languages.

www.militaryonesource.com

(User ID to log in is Military; Password to be used is OneSource).



Webcams available at ACS

In case of deployment, TDY, PCS move, hospitalization, or any other event that can keep you separated from your family and make you feel lonely or homesick... ACS offers now free webcams to use when you want to share special moments such as a new baby, a graduation, or birthday greetings. This service is free of charge but only by appointment, so please call 02 717-9783 in advance.

Free Computer Classes at ACS

Join ACS in the Community Computer Lab for free workshops in MS Word, Excel, PowerPoint, Outlook and Access that will keep you up to speed in this computer age. Audience is limited to Tri-Mission family members (with ID card) actively seeking employment and willing to learn the skills necessary to use computer programs. Next classes start December 5-8. To register call ACS at 02 717-9783.

ARMY COMMUNITY SERVICE**Soldier & Family Readiness
(FAP/EPC/EFMP)**

Bldg 4 top floor, Rm 323
DSN 368-9693 CIV 02 717-9693

**Children's Services Committee
Meeting**

Calling all parents of children with special needs: make your voice heard and join the team!

The USAG-Brussels Children's Services Committee brings support agencies and parents together quarterly to improve and initiate programs and services for children with special needs. Join us!

Call either USAG-Brussels ACS at 02 717-9783 or ext 9693, or EDIS at 065 44-5931 for details about our next CSC meeting.

Domestic Violence Prevention

The DoD's Family Advocacy Program goal is to reduce and prevent family violence through prevention, education, wellness and treatment. Preventive programs such as anger and stress management, marital enrichment programs and couples communication groups are just a few of the classes offered. Counseling is available through two sources:

Soldier & Family Life Consultants (0479-40-4482 or 065 44-5324), and the USAG-Brussels Chaplain (02 717-9708). All services are confidential and no records are kept. If you are aware of anyone suffering from abuse, you are highly encouraged to phone the MP Desk at 02 717-9769. All referrals are confidential. Through education, awareness and community involvement, we can work together to stop Domestic Violence.

**Emergency Placement Care
Program**

ACS is looking for providers for the Emergency Placement Care Program. Help support the Brussels American Community by providing children in crisis with a safe and caring environment. Certification and training are provided and costs are reimbursed. For more information about this short-term intervention program, please contact the NSA ACS Soldier and Family Readiness Program Manager at 02 717-9693 or 02 717-9783.

ARMY COMMUNITY SERVICE**Financial Readiness**

Bldg 4 top floor, Rm 325
DSN 368-9698 CIV 02 717-9698

National School Lunch Program

This program offers free or reduced-price lunches to eligible families. Apply now for school year 2005-2006, it's never too late! Stop by ACS to fill in an application and bring your latest LES and spouse's earning statement. Also, do not forget to ask about the **Family Subsistence Supplemental Allowance (FSSA)**, you might be eligible for it too... Call for additional information on both programs.

AER - Army Emergency Relief

For military families and service members experiencing an emergency and needing additional funds, AER may be able to help. This private, non-profit organization can provide interest free loans, and if long-term financial hardship exists sometimes grants, to assist service members with certain situations. ACS coordinates the AER program at Brussels. Visit the AER website at www.aerhq.org.

Housing Survey

In response to the quality of life issue raised this year at the Brussels Community AFAP Forum, the NSA/USAG Housing Office is currently conducting a survey to assess the needs of arriving and departing personnel in **temporary living accommodations**, and to determine if the current facilities meet our customers' requirements. Whether you are military or civilian, we kindly ask you to take a few minutes of your time to answer the 10 questions which you can access directly at www.brussels.army.mil/acs/survey/survey.asp (results are anonymous). When completed, hit the submit button at the bottom of the form and the results will be e-mailed directly to the Brussels Housing Office. Your responses will be used to improve temporary lodging options for future newcomers: all surveys received will be compiled, findings will be reported to the Brussels AFAP Steering Committee, and outcomes published on the community website.

ARMY COMMUNITY SERVICE**Army Volunteer Corps (AVCC)**

Bldg 4 top floor, Rm 306
DSN 368-9679 CIV 02 717-9679

Volunteering at APO

The post office is always on the lookout for volunteers especially during the upcoming holiday season. If you are interested in volunteering, please stop by and talk to your APO postmaster or see the USAG-Brussels Volunteer Coordinator, and then come on down give us a hand.



Volunteer at your APO!

2006 AFAP Conference Assistant

Are you interested in getting involved in one of our major events? ACS is looking for a "make-it-happen" volunteer to help with preparation, execution, and follow-up of the Annual Brussels Tri-Mission Community AFAP Program.

Activities include: Creating an Access database for the growing set of our program management data, as well as, assisting in the planning and organization of the AFAP Forum itself. Experience in event coordination an asset. Job description available, hours recorded, training provided, and... fun guaranteed! For information contact either the Volunteer Coordinator at 02 717-9679, or the AFAP Coordinator at 02 717-9643.

TREE DECORATIONS

**Do not
use popcorn
or candy canes on
Christmas trees
around small children.
They may
mistake the other
decorations on the tree
as being edible.**

New Air Travel Guidance For The US:

Economy Class travel now only permits each ticketed passenger to bring free of charge 2 pieces of checked baggage and one carry-on. The maximum weight per checked bag is 50 lbs (23 kg). Please contact your airline for more information.

ARMY COMMUNITY SERVICE**New Parent Education & Support Program (NPESP)**

Bldg 2, Rm 256, Chapel area
DSN 368-9684 CIV 02 717-9684

Infant Massage

With this *Nurturing Touch* class, discover the ways in which baby massage can benefit both you and your baby. Learn how to use soothing massage to aid sleep and restlessness... Also a great way for you and your baby to relax and have fun together! Call for next available session. Just pick the time frame which suits you best: either a morning class from 11 a.m.-Noon or one in the evening from 6-7 p.m.

Toddler Playgroup

Every Tuesday and Friday from 10 a.m.-Noon at the Performing Arts Center, Bldg 4, ground floor. Sign-up is not required.

Pre-natal Classes

The New Parent Education and Support Program provides ongoing pre-natal classes. Topics covered include:

Having a Baby in Belgium, Stages of Labor, Interventions, Labor Signs, Epidermal, Relaxation Techniques, Men's Role and much more. The next series of classes is planned for January 3 from 6-8 p.m. in the Fellowship Hall, Chapel area, Bldg 2. Please sign-up in advance at ACS.



New Parent Support

EDIS (Educational & Developmental Intervention Services)

Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats or will do in school, contact EDIS (for children ages birth to 35 months) at 065 445 931 or the Brussels American School (for children ages 36 months and older) at 02/717-9552.

DID YOU KNOW THAT, IN BRUSSELS, AFAP...

is not only for the Army but open to all branches of services, despite its official name (*Army Family Action Plan*); not only for the Military but also open to Civilians there is no rank that matters in this democratic forum; not only for the USAG (NSA) personnel but open to anyone affiliated with the Tri-Mission, including Canadians; not only for Adults but also open to the Youth who can share their concerns and ideas through a Teen Panel; not only a 2-day Forum with a "one-shot" effect but a year-round Program with stages, progress, and outcomes. But AFAP is run by the Army Community Service with the volunteer help of Delegates, Staff, and Agencies' Heads; it's the way to continually improve your quality of life by helping us adjust the programs and services to the needs of your family and to the challenges of this specific location. Monitored by a Steering Committee which meets quarterly to keep track of the issue resolution process, our Brussels AFAP is followed up by the USAG-Benelux AFAP and its Steering Committee, to which the issues we cannot solve locally are forwarded for resolution at a higher level; so this is the very first level of a grassroots process which goes all the way up to Dept of the Army and US Congress, as well as, the very first place where things can change within this Army-wide program held around the world. Finally, AFAP is publicized in the media so all the community members have access to the responses to their issues... and it is also the acronym for the program's motto: "As Far As Possible"! Contact the Brussels Community AFAP Coordinator for details if you wish to take part in the program.

CHILD AND YOUTH SERVICES

Central Registration is open Mondays, Tuesdays, Wednesdays and Fridays from 9:30 a.m.-1 p.m. Registration for SAS and Middle School/Teen after school programs is ongoing at the Brussels Youth Center. For more information about available programs, contact Youth Services at: DSN 368-9647/9651 CIV 02 717-9647 or 9651.

Youth Sports Program

Youth Services offers many great sports for your children to participate in, including basketball, flag football, soccer and softball. Contact YS at DSN 368-9649 CIV 02 717-9649 for information on available programs.

Chocolate Bowl II

Our "International Youth Flag Football Tournament" will be held at BAS (Brussels American School) fields on November 5. Be ready for the kick-off at 10 am... Several 12-15 year old youth teams from Belgium, Holland, Germany, and France will converge on Brussels to compete for the chocolate statue! Anyone interested in being involved can call 02 717-9649

CHILD AND YOUTH SERVICES**All Aboard for the Teen Center!**

In response to the Army Family Action Plan request to provide teens with transportation from BAS to USAG-Brussels, the BAS shuttle is now in service. Students 11 years and up (6th grade and above) with a valid US ID card can ride the shuttle Monday-Friday (when school is in session) departing BAS at 3:10 p.m.. An additional shuttle departs BAS on Thursdays at 5:30 p.m. Call 02/717-9702 for more details.

Youth Council

All middle and high school students are invited to share their ideas and opinions to make this year at YS the best ever! The Youth Council meets the last Friday of every month. For more information, contact YS at 02/717-9651.

AIKIDO

Registered CYS patrons in grade K - 12 are eligible to take instruction from a 5th degree black belt master. The classes meet on Tuesdays at 3:30 p.m. Aikido provides an outlet for physical energy and develops coordination and control. The discipline increases confidence and self mastery.

APO Holiday Deadlines 2005

18 November:	SAM Parcels
2 December:	PAL Parcels
9 December:	Priority Parcels and First Class Letters
21 December:	Express Mail

Please make sure you plan ahead!



EDUCATION CENTER

Bldg 1, USAG Brussels
DSN 368-9704 CIV 02 717-9704

Testing at the Education Center

Back by popular demand!
CLEP, DANTES, ECE and other selected tests. Advance registration is necessary and a minimum of three examinees is required. Offered at 10 a.m. on Tuesdays, November 8, 22, and December 13 at the Education Center. To register call 02 717-9704 or email Joseph.

Student Consultation

The first Friday each month representatives of the Education Center are available for consultation at the U. S. Embassy Brussels Community Liaison Office from 12-2 p.m. as service to Tri-Mission personnel. Next student consultations will be December 2 and January 6.

HEADSTART (free) French Language Orientation Course

Call the Education Center to reserve a spot for the FREE French Headstart Language Orientation Course. Instruction will be November 14-25 from 10 a.m.-1 p.m. at the NATO HQ, USDELMC. Free of charge and open to all at NATO HQ! Military personnel is especially encouraged to attend.

Education Expo at NATO HQ

Look for the display and the University/Education Center representatives in the shopping concourse! University of Maryland, Central Texas College, University of Phoenix and University of Oklahoma will be available on November 25 from 12-2 p.m. as service to personnel at NATO.

Advanced Skills Education Program Course (ASEP)

Don't miss the next ASEP Course MTHR 1173 Counseling Techniques. Tuition free students will receive one college-level credit upon successful completion! Class is offered from November 28 until December 2 from 8.30 a.m.-12.30 p.m. Call the Education Center to register.

EDUCATION CENTER

Central Texas College's Criminal Justice Program

CJSA 2302- "Police Management, Supervision, and Related Topics":

Provides students with pertinent information concerning techniques regarding dealing with people, performance and problems. Offered both Saturdays and Sundays from 9 a.m. to 5:30 p.m., on Nov. 12 & 13, and Dec. 3 & 4

CJSA 1322- "Introduction to Criminal Justice"

Provides the study of history and philosophy of the criminal justice system. Overview of Criminal Justice System, law enforcement, court systems, and trial processes. Offered both on Saturdays and Sundays from 9 a.m. to 5:30 p.m., on Nov. 5, 6, 19, 20, and Dec. 10, 11.

**Education Expo**

On December 9 Ed Center and University representatives will be at the Community Liaison Office (CLO) by the US Embassy for an Education Expo.

Second Annual Brussels Education Opportunity Forum

Learn about educational opportunities in Brussels; meet specialists and students; start here and NOW!

The Second Annual Brussels Education Opportunity Forum will be held on December 10 from 1-4 p.m. in the USAG-Brussels, Bldg 2, Community Conference Room.

LIBRARY

Bldg 4, USAG Brussels
DSN 368-9791 CIV 02 717-9791
Open Tu-Th 10 a.m.-6 p.m.
F Noon-7p.m., Sa 11 a.m.-5 p.m.
Su Noon-5 p.m.
Closed Mondays and Holidays

New Check-Out System

IMA-E/MWR Libraries have upgraded their automated library system that controls check-outs of library materials and many other library functions. The migration occurred between 10-13 October. While the new European General Libraries Information System (EGLIS) is brought online, there could be some short delays in serving patrons. Some features of the previous system (PALS) may not carry over such as the due dates for the various library materials. In some cases, the length of time for keeping items has been reduced. At this time, there is not the flexibility in determining the due dates.

Pre-school Story Hour

Please join Miss Charlotte at the USAG Brussels Library in Bldg 4 on Wednesday mornings to listen, learn, and share the world of books and reading! The age range is 3-5 years old. However if your child is not yet three, he or she may "audition" for a place on the reading rug...

5-Element T'ai Chi

The 5-Element T'ai Chi School offers a course on T'ai Chi for Health and Energy at NSA/USAG-Brussels running until December 8. Classes will be held on Tuesday and Thursday evenings from 6:30 to 8 p.m. in the new Performing Arts Center (across from the travel agency) at the ground floor of Bldg 4. Cost of the 10 week session is \$30. No prior knowledge of martial arts is necessary. Your instructors will be Tony and Ron. Call Bill, DMWR, at 02 717-9753 for sign up information.

Refill Pharmacy

The SHAPE Healthcare Facility Prescription Refill Pick-Up is a new service available to TRICARE beneficiaries in the Brussels and SHAPE American communities since July 9 at the Chievres AAFES Base Exchange, in order to make prescription refills easier and more convenient for the patients. The service will be staffed from 11 a.m. to 2 p.m. on Saturdays, in the staff education room near the Exchange manager's office, in the rear of the store to the right of the shoe section.

Ed Center Closure**November**

1: Observance of Belgian Holiday.
10: From 8 a.m.-12:30 p.m. for staff call at SHAPE Ed Center.

11: Veterans' Day.

December

8: 8 a.m.-12:30 p.m. for staff call at SHAPE Ed Center.
Dec 23, 2005 thru Jan 3, 2006: Please note the Education Center will be closed for the holiday school break. See you all in the new year for more courses!

MULTI CRAFT CENTER

Bldg 2, USAG Brussels
DSN 368-9629 CIV 02 717-9629
Open W/Th 2-9 p.m.

F 10 a.m.-1 p.m. and
Sa/Su 10 a.m.-6 p.m.

Closed Mondays and Tuesdays

**Please note we will take a break
from December 23-31.**

Happy Holidays to everyone!

The Multi Crafts Center offers a wide variety of services, instruction, gifts and craft materials for sale. Located on the first floor of Bldg 1, we offer group courses, individual classes for adults and children, framing and engraving services, as well as a stock of local and handmade gifts at excellent prices. Stop in to browse our collection of glassware, pewter, framed and unframed prints and ceramics works or to find out about upcoming classes.

Sign up for a Family Ceramics Class and save 10% for each family member!

Sale Runs until December 31

Bring 4 items to the Frame Shop and pay labor charges on only 3!

Children's Arts and Crafts Birthday Party!

Schedule a Birthday Party Class and rent the Multi-purpose Craft Room for your cake and ice cream for only \$10.00 for the day. The maximum children for the party is ten.

**ARTopics Classes**

Painting with Acrylics offered from 6-9 p.m. December 7 and January 4.

Paper Crafts is offered on November 9 and December 14 from 6-9 p.m.

Glass and Mosaics is offered November 6 and 23 from 6-8 p.m.

Metal Work is offered from 6-9 p.m. on November 16 and December 21.

MULTI CRAFT CENTER**Tiffany Glass Course**

Get an introduction and learn how to glass craft - light-catchers, terrariums and Tiffany style lampshades at the new Tiffany Glass Course offered from 2-5 p.m. on November 5, 6, December 3, 4, and January 7, 8

Leaded stained Glass

Course is offered from 2-5 p.m. on November 19, 20 and December 17, 18.

Sewing Basics

This class is extremely helpful if you are just learning how to sew or getting back into sewing. It guides beginners through the entire sewing process, from preparing the fabric to mastering challenging techniques. Learn to sew with fun and easy ideas at the new Sewing basics class held November 9, 10, December 14, 15 from 6-9 p.m.

Basic Cooking Class

Learn to cook up a storm or simply broaden your repertoire with this new class offered from 10 a.m.-1 p.m. On November 19 we show you how to make Tamales, Beans and more. On December 10 learn how to prepare Tapas and Cicchetti and on December 17 bake some great Holiday Gourmet Cookies

Scrap Booking Class

Offered on November 22 from 6-9 p.m. The Instructor will have materials for purchase as well as take orders for Creative Memories scrapbooking items. Bring in your own photos to make your first page with the Instructor.

Scrapbook Club

Already a scrapbooker? Join us on Tuesday nights. Tools and idea books available plus inspiration from club members! Cost is \$15 plus materials for class. Cost to join the club is \$5.

New USAG-Brussels Logo Plaques

Need a special gift or award? The new plaques with our USAG-Brussels logo are here! Customized engraving, glass etching, and more available. Stop by the Multi-Craft Center to discuss the possibilities.

Restoration Service

Available Saturdays from 10 a.m.-5 p.m. and service is available all year round. All you need to do is bring in a painting you would like restored, or even re-stretched onto a new frame. No appointment is needed, just bring the item along when the Center is open.

MULTI CRAFT CENTER**CERAMIC SHOP**

Open Saturdays from 10 a.m.-5 p.m.

Children's Basic Ceramics

A fee of \$20 includes instruction, use of in-house slip, tools and paints. This is an opportunity not to be missed! Please call to schedule an appointment.

Adult Basic Ceramics

For a fee of \$30 receive ceramic instruction, a two gallon box of slip, in-house tools and paints. Please call the center to schedule an appointment.

WOOD SHOP

Located at the Multi Craft Center. Open Wednesdays by appointment only, and Saturdays and Sundays from 10 a.m.-6 p.m.



Sign up for the wood shop safety instruction and power tool instruction class. This class must be completed before using the Wood Shop. Classes are \$11 and scheduled on Wednesdays from 2-6 p.m.

After the class, you may use the wood shop facility at a small charge of \$4/hr. Please call the center to make an appointment before heading to the shop.

Woodworking Class: Shadow Box

Put your skills right to work at this class held on November 26 from 2-5 p.m.

Do-it-Yourself Framing

Classes are held every Thursday from 2-5 p.m. and from 6-9 p.m. Cost for class including materials, backboard, glass and instructor's time is \$30.

Art Exhibit and Awards

November 5 and January 7 at 3 p.m. at the Multi Craft Center and Three Star Lounge.

AUTO CRAFT CENTER

Bldg 1, USAG Brussels
DSN 368-9743 CIV 02 717-9743
Open W and Th 10 a.m.-2 p.m. and
4-8 p.m., F 8:30 a.m.-5 p.m., and
Sa/Su 10 a.m.-6 p.m..
Closed Mondays, Tuesdays and
Holidays

Motorcycle Automotive Classes

Class is held every Wednesday from
7-9 p.m. Cost for a six week course
which is 'made to order' for the
customer is \$45. Advance sign up
required.

Automotive Classes for Dummies

Classes are held November 9, 23,
and December 7, 14, 21 from
7-9 p.m. The classes are designed
to show you general maintenance
and dynamics of your vehicle and
cost \$25. Advance sign up required.

Vehicle Winter Check

Be prepared for the fall and winter
months by using this service
available until the end of February.
Your vehicle is given the full check-
up and cost is only \$30. Make sure
your vehicle is in good condition for
the fall and winter rain, snow and ice.
This service is offered every Friday
but by appointment only. Contact
USAG Brussels Auto Shop to
schedule an appointment.

SPORTS & FITNESS CENTERS

Bldg 3, USAG Brussels
DSN 368-9667 CIV 02 717-9667

Fitness Center new hours

Please note that the USAG-Brussels
Sports & Fitness Center operating
hours have changed to better serve
our customers' needs by
accommodating those with flex
schedules... or the "early birds"
among you! The Fitness Center will
now be open Monday through Friday
from 5 a.m. to 8 p.m., Saturday and
Sunday from 9 a.m. to 4 p.m.,
and from 5 a.m. to 12 noon on
Holidays.

Energize Yourself

This Fitness Program includes a
diet class, a diet personal plan,
a personal fitness training program,
and screening (blood pressure,
fat %, cholesterol, physical
condition...) before and after the
program. Program ends
December 12, 2005.

Free but limited to 30 people!
For more info call Olga at the NATO
Health Clinic at 02 717-9500, or
Vincent at the USAG-Brussels/NSA
Fitness Center at 02 717-9652.

SPORT & FITNESS CENTER**Low Impact Aerobics Classes**

Classes are free and held every
Monday, Wednesday and Friday
from 5:30-6:30 p.m. in the Sports &
Fitness Center. For more info
call 02 717-9500.

Racquetball 2005 Ladder

Registration is still open until the end
of the season at the USAG-Brussels
Sports & Fitness Center. Play started
on September 19 but runs through
December 2. There will also be a
Post-season Tournament on
December 10 and 11! Sign up at the
Gym, call 02 717-9652, or send an
email to Vincent, Sports Specialist.

Run for Your Life Program

Program designed to encourage
fitness through running. Participants
run at their own pace on their own
time line and log their miles with the
Fitness Center. Patches are provided
to participants who meet the 100,
200, 300, 400, 500, 750, and 1000
mile markers. Individuals must be
at least 18 years to participate.

MEDEX Training

Never done any fitness? Never used
weight equipment? This is for you!
Contact the Sports & Fitness Center
to schedule an appointment for a
one-on-one introductory training.

Personal Fitness Program

If your goal is to tone, lose fat,
improve your health condition, train
for a race or a special sport, don't
wait any longer. Set realistic goals
with your Sports Specialist. Call for
a one-on-one personal fitness
training program.

THREE STAR LOUNGE

Bldg 1, USAG Brussels
DSN 368-9732 CIV 02 717-9732
Open Th 7 p.m.-Midnight
F 5 p.m.-1 a.m., Sa 7 p.m.-1 a.m.
Open to all Tri-Mission ID card
holders and accompanied guests
18 years and older (minors are
permitted on family nights only).

Movie Nights

Want some good pop-corn and a
great movie? Join us every
Thursday and don't be late... Movie
starts at 7 p.m.

Friday Right Arm Nights

Supervisors, come and show your
staff how much you appreciate them!
Every first Friday of the month at
5 p.m. Next Right Arm Nights are
on December 2 and January 6.

THREE STAR LOUNGE**Football Sunday**

Watch the game on our big screen
TV every Sunday at 7 p.m.

Texas Hold'em Poker Tournament

This is by far the best game for a
beginner to learn and can be played
fairly well with a few hours practice.
Here is your chance to play poker
and win prizes! on November 17.
(No money play).

Pool Tournament

November 18 and December 16
from 9 p.m.-Midnight

Marine Party and Marine Ball

Marine Party is planned for
November 10 and the Marine Ball
is scheduled for November 19.
(Watch your local community for
flyers and stay tuned for updates)

**New Year's Eve Party!****New Year's Eve Party / End of Quarter Poker and Pool Tournament**

On December 31 it's now or never.
Here's your chance to put on your
nicest outfit you gotta be at your
finest for our New Year's Eve Party
which will begin at 9 p.m.
Come enjoy the end-of-quarter
Poker and Pool Tournaments!

Single Soldiers and Civilians Thanksgiving Luncheon

Tuesday, November 22 from
11:30 a.m.-1 p.m. enjoy a great
Thanksgiving lunch at the Three
Star Lounge.

DOD USO Show Ron White

Comedian Ron White will be at the
Three Star Lounge on Tuesday,
November 22 from 7-8 p.m.

**Three Star Lounge
is closed on:**

Nov. 11, 19, 24-26
December 8 and
December 24-30

Happy Holidays!

Holiday Tree Lighting Ceremony

Friday, December 2 from 4-8 p.m.
at the USAG Brussels.

OUTDOOR RECREATION

B R U S S E L S

OUTDOOR RECREATION

Bldg 4, Rm 303

DSN 368-9775 CIV 02 717-9775

Paris in the Fall

Saturday, November 19

Depart from Sterrebeek at 5 a.m. and return around 11 p.m. Price is \$40 for adults and \$33 for children under 12. Have you ever seen Paris in the Fall? If not, you just won't want to miss it, and if you have, you certainly will want to come back. On arrival, we will have an hour and a half tour of Paris and drive by the famous Moulin Rouge, the Opera house, Place de la Concorde, Champs-Elysee, the Arc de Triomphe, the Eiffel Tower, the Palais du Louvre, the Ile de la Cité, and pass by the Cathedral of Notre-Dame. Then Paris is all yours for exploring until the evening when we head back to Brussels.



Dover Castle

Canterbury Tales

Saturday, November 26

Depart from Sterrebeek at 5 a.m. and return around 10:30 p.m. Price is \$45 for adults and \$39 for children under 12. Take our day trip and see Canterbury for its famous cathedral, the *Canterbury Tales*, and the various antique shops! We first drive to Calais, where a car ferry will take us to Dover in the UK. Enjoy the English breakfast and shopping on board! Then, on the road to Canterbury, we will make a photo stop at Dover Castle.



Two Christmas Market Trips:

Saturday, December 10 and 17

Come and browse these two typical German holiday markets! Price for each trip is \$35 for adults and \$25 for children under twelve years of age. You can sign up for one, the other, or both.

First, we'll take you to the **Aachen-Monchau Christmas Market** on Saturday, December 10. Departure will be from Sterrebeek at 7:30 a.m. and we will have you back the same evening.

The following weekend, we'll visit the **Cologne Christmas Market** on Saturday, December 17. Departure and return at same time, same location.



Diamonds Shine In Antwerp

Friday, December 23

See the city of Rubens, the world center for diamonds, a city of fashion, a shopper's paradise, a living city that appreciates art and history! In the morning, we'll visit the Rubens House with an Audio Radio Guide and later on, we'll head to the Diamond Museum. The afternoon will be free for shopping. Cost, including all entrance fees, is \$45 for adults, \$35 for children under 12.

Charles Dickens Christmas Market

Saturday, December 3

We drive to Calais, where a P&O Car Ferry will take us to Dover (U.K.) Enjoy the English breakfast and shopping on board! We visit the world famous Charles Dickens market at Rochester, where the local shopkeepers are dressed like back in the time of Charles Dickens (19th century)..., enjoy the city parade in the afternoon. Taste the typical British food and then stroll the open air Glühwein-stores.

Depart from Brussels-Sterrebeek at 5 a.m. and arrive back at Brussels around midnight.

Price adults: \$50 and children: \$45.

Holiday Traveling Tips!

Traveling, visiting family members, getting presents, shopping, etc., can all increase your child's stress levels.

Sticking to your child's usual routines, including sleep schedules and timing of naps, can help you and your child enjoy the holidays and reduce stress.

B.O.S.S. Program

Better Opportunities for Single Service Members

Bldg 4, Rm 306, USAG Brussels
DSN 368-9639 CIV 02 717-9639

Calling all single US Armed Forces - Men and Women!
BOSS is a program that supports the overall quality of single service members' lives. It identifies well being issues and concerns by recommending improvements through the chain of command. Single Service Members are encouraged to identify and plan for recreational and leisure activities. Get the opportunity to participate in and contribute to your communities. Open to all singles in the US Armed Forces, regardless of your branch service. Interested? Contact your local BOSS Rep.

Native American Heritage Month

As the first people to call our country home, American Indians and Alaska Natives have a noble history in this land and have long shaped our Nation. During National American Indian Heritage Month, we celebrate our commitment to respect and preserve the rich Native American traditions and cultures. November has been designated National American Indian Heritage Month to honor American Indians and Alaska Natives by increasing awareness of their culture, history, and especially, their tremendous contributions to the United States military.

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324
Open M-W, F, 8 a.m.-5 p.m.
Th 8 a.m.-3 p.m.
Closed SHAPE Holidays

RELOCATION OFFICE

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Welcome Newcomers!

Are you new to the USAG-Benelux? Do you have questions or need information relevant to SHAPE, Chievres Garrison, USAG-Brussels, or USAG-Schinnen?

The USAG-Benelux Marketing Branch has produced a solution for you and your family!

"The Best of the Benelux - A Newcomer's Guide" is now available on CD. This Newcomer's Companion has been produced specifically for the needs and requirements of Newcomers, and represents the most important information source for the Benelux.

**Welcoming Everyone to Belgium W.E.B. Office**

Hotel Le Maisieres, Rm 126
DSN 366-6252 CIV 065 44-6252
Open M-F 9 a.m.-Noon
Closed SHAPE Holidays

The vision of the W.E.B. office is to ease the transition for Americans relocating to Belgium. The W.E.B. office provides referrals, information, answers, and most important, a friendly face and a warm hand of hospitality. Stop by the W.E.B. office and get the chance to meet with other Americans in the area for support, communication and assistance.

ARMY COMMUNITY SERVICE**Sponsorship and Welcome Packages**

There are two different packages available for the Newcomer:

The **Sponsorship Package** contains information about Belgium and SHAPE/Chievres installations for Newcomers prior to their arrival.

The **Welcome Package** contains useful information about the installation and the Mons communities.

Sponsorship Training

This class is offered the first Wednesday of the month from 10-11 a.m. in the ACS conference room. The sponsorship training helps sponsors to be more efficient by giving them tips such as assisting Newcomers with their in-processing, providing the human touch, welcoming, orientation and settling in assistance. Next classes are scheduled for Wednesday, December 7 and January 4.

**Get your
moving
list ready!**

**Make the Right Move**

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Are you prepared for your next PCS move? Attend this class on Wednesday, December 7 or January 4 at 2 p.m. and make the best PCS move ever!

USAG BENELUX Newcomers Brief

Hotel Le Maisieres (across from the SHAPE Main Gate).
DSN 423-4332 CIV 065 44-4332

The Newcomers Brief is designed to assist active duty personnel, DoD civilians and family members by providing important information about the SHAPE/Chievres Community. The Newcomers Briefing is conducted on the 2nd Wednesday of the month from 8:30 a.m.-3 p.m. at the Hotel Le Maisieres, Ballroom. It is mandatory for active duty military personnel, but family members and civilians are also welcome to attend. The next Newcomers Briefings will be on Wednesday, November 9, and January 11. A free complimentary lunch and cookies are provided!

ARMY COMMUNITY SERVICE**Take the Bus**

Hotel Le Maisieres
DSN 423-4332 CIV 065 44-4332

On November 10, and January 12 join ACS for an afternoon of learning how to use the Belgian bus system and get around while you are still living in the hotel and waiting for your car to arrive. You will discover the easiest way to see Mons and the surrounding area. Register and meet at the Hotel Le Maisieres for an introduction to the Belgian bus system.

**Holiday Operating Hours
Chievres Commissary**

11 Nov - Veteran's Day	Closed
21 Nov	1000-1900hrs
24 Nov - Thanksgiving	Closed
24 Dec - Christmas	1000-1600hrs
25 Dec - Christmas	Closed
26 Dec	Closed
31 Dec - New Year's Eve	1000-1800hrs
1 Jan - New Year's	Closed
2 Jan	Closed

Take the Train to Brussels

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

The Belgian train system is well developed and can be the easiest way to travel in and out of Belgium. Take the Train is a living experience and gives you the opportunity to learn how to use this great transportation system.

The trip is offered every second Friday of the month from 8:30 a.m.-3:45 p.m. and the next dates are November 18, and January 13. Sign up today. Children are welcome!

Cultural Adaptation Trip

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Explore the Belgian culture; visit and shop at a vintage store and tour one of the oldest family breweries in Belgium. If you are interested, give ACS a call today to find out details on the next trip scheduled for...

Saturday, November 12, December 10 and January 14.

There is a €5 charge for the trip in November which includes entry fee and guided tour through the brewery. As a special treat in December we will take you to a traditional Belgian Christmas Market in Liege where an open ice-rink invites you to slip and slide on the Place de la Cathedral. The trip in December will have no charge.

Holiday Recipes

Belgian Lukken waffle cookies Recipe

This recipe is for Belgian Lukken cookies made in a Lukken iron (Lukijyer). You can also use an Italian Pizzelle maker which may be easier to find.

6 eggs

1 lb butter

2 lbs flour

1 lb brown sugar

2 tablespoons vanilla

1 pinch salt

1 ½ ounces whiskey (optional)

Makes **25-30 servings** 130 waffle cookies

Combine ingredients together in a large bowl to form a dough. Roll into balls and place into the Lukken iron (Lukijyer) or Pizzelle iron until golden brown.



Tis the Season....

By Lori Pennington

The time of a Thanksgiving turkey with all the trimmings and of a jolly old Santa Claus visiting at Christmas is upon us. There are many families who will be celebrating another year here, and there are families and single soldiers that will be celebrating their first holiday season in the Benelux area. Pass along the Holiday spirit, and remember that season is about sharing and giving rather than receiving. Those of us in the Benelux area are all presented with a wonderful opportunity. There are many ways that members of the community can contribute to making it a special holiday for everyone. One of the easiest ways of giving this season is to invite friends that are new to the area to join in holiday gatherings. While you may feel as you are giving the gift of holiday cheer, you may be surprised to find that you are the recipient of a newly found friend. Don't be shy, find locals or even new families from another nations, you may enjoy learning their traditions over some eggnog and a slice of pumpkin pie. Are your children's toys scattered about as they hastily make a new list for Jolly old St. Nick to bring them more. While here is another opportunity to get involved, better yet, get your children involved. Explain to them that Thanksgiving is about appreciating what you have, and that Christmas is about giving to those that have not. Teach them the value of giving, allow them to choose toys they no longer play with and let them feel what it is like to give to others less fortunate. Contact shelters and orphanages in your surrounding area, and bring your child when the gifts are handed off. They will learn first hand how good it feels to give to others that have less, and this is a lesson that can stick with your child for a lifetime. To all of our Military families enjoy your holiday season, observe local traditions and try to join in. Stay safe and above all give the gift of life...Don't drink and drive.

ARMY COMMUNITY SERVICE**Rendez-Vous with French!**

Hotel le Maisieres, W.E.B. Office
DSN 423-7598 CIV 065 44-7598
Look for some basic French language skills or want some insight into the Belgian Culture? What is appropriate and inappropriate to say and do and where can you find the best language classes? Let ACS help you with this free class for beginners, offered once a month. Next classes are scheduled for November 15, December 20 and January 17 from 9:30 a.m.-Noon. Registration required.

ACS Volunteer Program

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324

The Army Community Service (ACS) needs you as a volunteer member of our staff. Being an ACS volunteer offers several benefits:

Flexible hours - Job Training
Volunteers are always needed to support ACS staff with photocopying, sending faxes, filing, data processing and other general office requirements. Volunteers with business machine skills or those interested in learning these skills are encouraged to join our volunteer staff.

Employment Readiness Program

Bldg 318, Rm 118, SHAPE
DSN 423-4904 CIV 065 44-4904

Job Opportunities Workshop

Learn at the workshop where to find jobs in the BENELUX community and how to apply. Bring your resume and have it updated or find out how to get on Resumix. Every Wednesday morning from 9 a.m. to Noon. Open to all US ID cardholders and their spouses who are ready to seek employment. Pre-registration is required.

**ACS Job Fair****ARMY COMMUNITY SERVICE**

Bldg 318, SHAPE
DSN 423-4352 CIV 065 44-4352

Family Advocacy Program (FAP)

DSN 423-5263 CIV 065 44-5263

Return and Reentry Class

Offered Tuesdays at 10 a.m. for all service members recently returned from deployment.

Unit Victim Advocate Training (Class II)

This class is designed to respond to victims of sexual assault. The training is mandatory for all SHAPE and Chievres Unit Victim Advocates. November 10 and January 12 from 9:30 a.m.-4:30 p.m. at the SHAPE/ACS Conference room. DSN: 423-7593 CIV 065 44-7593

U.S. ARMY
Army Sexual Assault Prevention and Response Program
An Army of One Caring for All

SARC
DSN: 423-7593
Cell: 0472-90-1113

**WHEN YOU HAVE BEEN...
SEXUALLY ASSAULTED
Active Duty Military**
You Now Have
Two Reporting Options

TYPES OF REPORTING

RESTRICTED
Report **does not** trigger an investigation
No contact made with Law Enforcement or Command

Please contact:
Sexual Assault Response Coordinator 24/7
DSN: 423-7593/Comm: 065-44-7593/Cell: 0472-90-1113
Health Clinic: DSN: 423-3321/Comm: 065-44-3321
Chaplain DSN: 423-5601/Comm: 065-44-5601

UNRESTRICTED
Report triggers an investigation through Law Enforcement

Please Contact:
Military Police DSN: 361-5301/Comm: 068-27-5301
CID: DSN: 364-6162/Comm: 045-563-6162
Restricted Reporting Contacts May Also Be Used For Unrestricted Reports

"Welcome To A Kinder & Gentler System"

Anger Management Course

When life seems overwhelming and you feel you are at a breaking point, give ACS a call and join a four session class held once a week on Tuesdays from 9-10 a.m. This life skills class is designed to work with families and individuals to strengthen family relationships and to prevent child and spouse maltreatment.

Sexual Assault Prevention and Response Program (SAPRP)

The SAPRP reinforces the Army's commitment to eliminate incidents of sexual assault throughout the US Army.

Unit Victim Advocate (UVA) Training

Class prepares UVAs to respond to sexual assault victims. Training required for SHAPE/Chievres UVAs who have not received training specific to UVAs. December 6 from 8 a.m. - 5 p.m. at the SHAPE ACS Conference Room. DSN: 423-7593 CIV 065-44-7593

Unit Level Training - Prevention of Sexual Harassment and the Sexual Assault Prevention and Response Program. December 1 at the SHAPE Entertainment Center 9 a.m.-Noon

Leader's Training - Training provided to leaders to assist in responding to the three phases of the SAPRP (Prevention, Crisis and Recovery).

American Forces Team Building



14 Nov, 5 - 8 p.m. Training and Group Dynamics

This class is designed for those looking to better understand the role of teams in an organization. We will discuss group dynamics, different motivating factors and how to build a cohesive team.

30 Nov, Noon - 1 p.m. Working Lunch Series

The last Wednesday of every month we hold a class designed for the working professional. Bring your brown bag lunch and join us as we take a look at different skills that can benefit you in the workplace.

8 Dec, 5 - 7 p.m. Leadership Skills

Have you ever wondered what makes a good leader? This class talks about effective leadership and the skills effective leaders possess.

24 & 25 Jan, 9 - 4 p.m. Instructor Training

If you enjoy helping others and sharing your knowledge take our course and become a certified AFTB Instructor.

25 Jan, Noon - 1 p.m. Working Lunch Series

The last Wednesday of every month we hold a class designed for the working professional. Bring your brown bag lunch and join us as we take a look at different skills that can benefit you in the workplace.

All classes will take place in the ACS Community Conference Room, 2nd floor of Bldg 318, SHAPE (AFN Building).

Financial Assistance Program (FAP)

Saving and Investing

Next class is offered on November 25 from 1-2:30 p.m. Registration is required.

Want to work at Chievres?

Go the following website
www.cpol.army.mil

Or for AAFES
<http://www.aafes.com>

Or for the Commissary
<http://jobsearch.usajobs.opm.gov/>

Army Emergency Relief (AER)

The AER office provides financial assistance to soldiers and their family members in time of valid emergency. The AER office also provides emergency assistance for other services through their relief agencies. If not near a military installation, soldiers can receive assistance through a local American Red Cross Chapter.

Learning About Belgium (L.A.B.)

Are you new to SHAPE? Then you won't want to miss the last "Learning About Belgium" (L.A.B.) program for 2005 which will take place on November 14, 15, and 17 (Monday, Tuesday and Thursday) from 9 a.m.-1 p.m. starting at the International Community (IC) Club each day. The program is free (refreshments and transportation provided), and open to all military and civilian personnel and their adult family members (please no children under 12) and lasts for 3 half-days. It will include a "field trip" into Mons and a reception at the Town Hall of Mons hosted by the Mayor. Just call DSN 423-4269 or CIV (065) 44-4269 to reserve your place.



ARMY COMMUNITY SERVICE

New Parent Education and Support Program (NPESP)

The program is for US military and civilian families expecting a child or with children from birth through 3 years old. If you are expecting or have just recently delivered a new member to your family, please stop by ACS and see us... we have a free gift for you and would like to introduce ourselves to your new bundle of joy! Services offered include:

Information and referral, home visitation, education on topic relating to maternity and childbirth issues, parenting classes, playgroups, breast feeding, and much more.

The following classes are held at the SHAPE Healthcare Facility in the Social Services conference room. For more information and to register, please call DSN 423-3321 or CIV 065 44-3321

Infant Massage Class

Come to the Infant Massage class and discover new techniques to calm your baby on Thursdays from 11 a.m.-Noon.

Childbirth Education Class

Learn what to expect before, during and after childbirth. This class includes 8 sessions and is offered Thursdays from 5-7 p.m. Next classes are November 10, 17, and December 1, 8, 15, 22.

Breastfeeding Support Group

Are you making the decision whether to breast feed or not? Get the advice and support you need. Group meets on November 15, December 13, and January 17 from 10-11 a.m. Contact WIC Overseas at DSN 423-5971 or 423-4274.

Playmorning

At the SHAPE Health Clinic EDIS playroom located on the second floor. Call for DSN 423-4274 for dates.

EDIS (Educational & Developmental Intervention Services)

Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats or will do in school, contact EDIS (for children ages birth-35 months) at 065 44-5931 or the Brussels American School (for children ages 36 months and older) at 02 717-9552.

CHILD AND YOUTH SERVICES**Central Registration (all youth)**

Bldg 209, SHAPE

DSN 423-3874/4328

CIV 065 44-3874/4328

Open M-Th 8 a.m.-5 p.m.

F 8 a.m.-3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. In order to register, youth must bring a recent health assessment and immunization record.

Child Development Center (CDC)

Bldg 616, SHAPE

DSN 423-4810/5618

CIV 065 44-4810/5618

Open M-F 7:30 a.m.-6:30 p.m.

Hourly Care (available only during days when school is in session)

M-F 8:30 a.m.-5:30 p.m.

CDC offers child care for children from 6 weeks to 5 years of age.

School Age Services (SAS)

Bldg 602, SHAPE

DSN 423-5980/5982

CIV 065 44-5980/5982

Open M-F 7:30 a.m.-6:30 p.m.

SAS offers out-of-school activities for children grades 1-5. Before and after school care options are also available and a variety of programs are offered from computer to homework lab, Newcomer's Club and more.

Middle School Center

Bldg 503, SHAPE

DSN 423-5789/5635

CIV 065 44-5789/5635

Open M-F 3:30-6:30 p.m.

During school holidays the Center is open M-F 1-6:30 p.m.

Teen Center

Bldg 503, SHAPE

DSN 423-5711/5610

CIV 065 44-5711/5610

Open M-F 3:30-6:30 p.m.

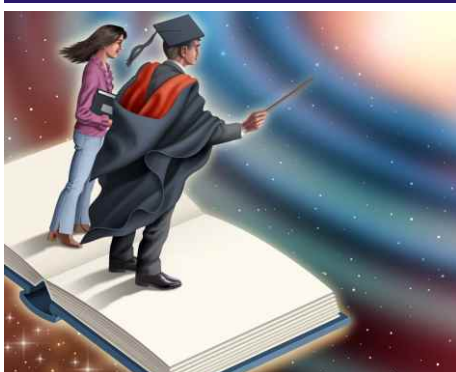
During school holidays the Center is open M-F 1-6:30 p.m.

The Middle School and Teen Center offer many activities such as:

Scheduled dances, lock-ins, movies, Newcomer's Club, Boys & Girls Club programs, computer lab, homework assistance and a variety of self-directed activities. Generally the activities are cost free but in certain cases a small fee may be charged for specific programs or instructional classes.

College Night

& Career Launch



The First Annual SHAPE College Night and Career Launch!

Wednesday, Nov. 9
4 to 6:30 p.m.
SHAPE School Cafeteria

Over 35 colleges, universities and other "after high school" options. Talk to alumni from the schools and get your questions answered. It's a great opportunity to broaden how you think about college! Stop in anytime between 4 p.m. and 6:30 p.m. in the SHAPE School Cafeteria. For details call DSN: 423-5789.

CHILD AND YOUTH SERVICES**Sports Office**

Bldg 503, SHAPE

DSN 423-5856 CIV 065 44-5856

Open M-F 8 a.m.-5 p.m.

Closed SHAPE holidays

A current health assessment and immunization record, and CYS membership is required in order to register for sports programs.

Bring your entire family to the YS snack bar for theme dinners and board games each first Friday during the school year. Dinner is served for a small fee from 4:30-7:30 p.m.

Basketball

Register in November. Leagues include Pee Wees (ages 6-8), Intermediates (ages 9-10), Juniors (ages 11-12), Senior Boys (ages 13-15), and Senior Girls (ages 12-15). Age groups and dates are subject to change.

Hip Hop Dance Classes

Learn to dance like you see in the music Video Clips for Justin Timberlake, Usher, Missy Elliott and Michael Jackson. This is a high-energy and fast paced dance class. Students will learn technique, style and choreographed routine. Class is offered for ages 9-13 yrs. Tuesdays from 4:45-5:45 p.m. at the SHAPE Elementary School. Next class goes from November 8 through December 13 and fee is 36 €.

CHILD AND YOUTH SERVICES**Jazz Dance Classes**

This class is designed for anyone who has the desire to learn to dance. You will learn the basic dance principles including correct posture, injury prevention, and turns. Become familiar with dance terms, positions, isolations, and principles of turning. Have fun while gaining confidence. Class is offered Mondays from 4-5 p.m. for ages 8-12 yrs. and from 5-6 p.m. for ages 13 yrs and up. Next class runs from November 7 through December 13 and fee is 36 €.

Children's Bowling

Offered on Tuesdays from 5-6 p.m. for ages 6-9 yrs. and Wednesdays from 5-6 p.m. for ages 10-12 years at the SHAPE Pizza Bowl. Next class starts November 8 through December 14 and fee is 36 €.

BENELUX FINANCE OFFICE**BENELUX Finance Offices**

SHAPE Finance Office 423-4098

Brunssum Finance Office 364-2839

Brussels Finance Office 368-9732

Savings Deposit Program (SDP)

A service member is eligible to participate in SDP if he serves for at least 30 consecutive days or at least 1 day in each of 3 consecutive months in KFOR/SFOR or in a combat area of operations including Afghanistan, Iraq, and Kuwait.

- A soldier may deposit up to his un-allotted pay and allowances each month, not to exceed a \$10,000 total balance.

- Un-allotted pay is the pay shown on a service member's LES after all deductions and allotments are subtracted out.

Thrift Savings Plan (TSP)

Open seasons have been eliminated. Therefore, you may make an election to start, stop or change the amount of your contribution to the TSP at any time. TSP contribution limit for members of the uniformed services for 2005:

10% (up to the IRS limit) TSP contribution limit for members of the uniformed services for 2006:
100% (up to the IRS limit)

All contributions made while in a combat zone are tax exempt for LIFE!! Sign up for TSP now! See www.tsp.gov for more info.

SHAPE AMERICAN SCHOOL INFORMATION

SHAPE School Websites

Be sure to check the school websites regularly for important information. School supply lists, reading lists, and calendar information are just some of the things you can find at: www.shap-es.eu.dodea.edu and www.shap-hs.eu.dodea.edu.

SHAPE EDUCATION CENTER

Bldg 212, Rm 130, SHAPE
DSN 423-3466
CIV 065 44-3466
Open M-F 8 a.m.-5 p.m.

HEADSTART - French

HEADSTART is a free 30 hour language and culture introduction class held monthly at the Education Center. Instructors are native speakers of the language being taught. For next available dates, please check Newcomers pages in the back of this magazine. Reservations for any of the course dates listed are recommended.

Computer LAB

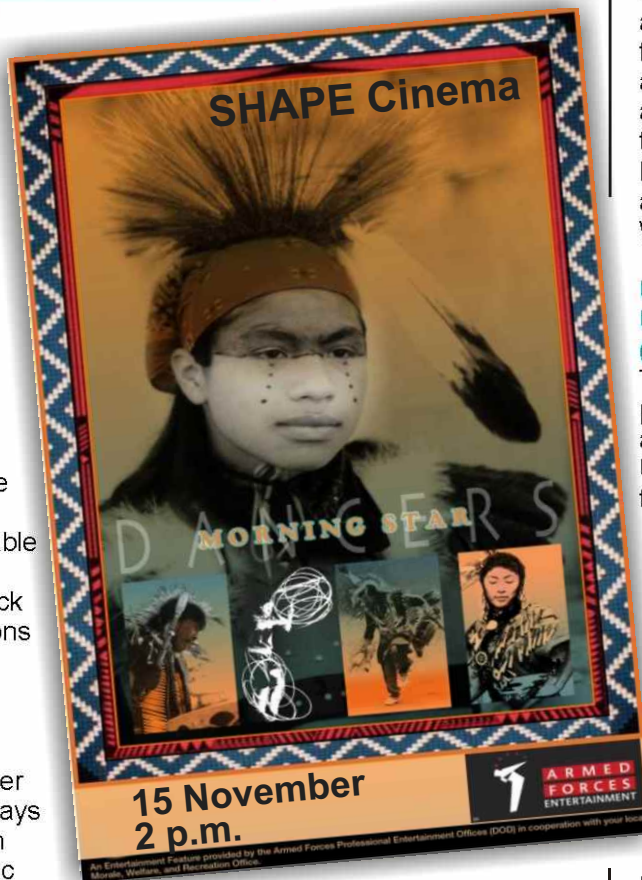
The SHAPE Education Center Computer Lab is open five days a week. We provide you with websites for online diagnostic tests for CLEP, SAT, ACT and GRE websites for financial aid and more.

eArmyU Program

Not sure if distance learning is for you? Come to SHAPE Education Center and take the online PReP Assessment test. The test will evaluate your technology skills, study habits and time management skills. Results of the test are available immediately for review and interpretation. Free e-learning courses are recommended if any skills deficiencies are identified. This test is available only to Army personnel.

Strong Interest Inventories

Looking for a perfect match between your interests and a satisfying career? Let Strong Interest Inventories help you find the right path. Composed of over 300 questions, Strong provides an in-depth assessment of your interests among a broad range of occupations, work and leisure activities, and educational subjects. Strong is taken online at the SHAPE Education Center. No appointment is necessary.



SHAPE EDUCATION CENTER

Microsoft Examination

One free Microsoft Examination is available to service members! Obtain an exam voucher as soon as possible by contacting your Education Counselor. Once you obtain a voucher you will have two years to take the exam. Exams can be taken in Belgium or the US. Vouchers are going quickly so contact your Education Counselor without delay.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES

UNIVERSITY OF PHOENIX

Start earning your degree today! University of Phoenix offers Master degree programs in Business Administration, Arts in Education/ Curriculum and Instruction, Arts in Education/Administration and Supervision, Arts in Education/ Teacher Education (Elementary and Secondary). Visit us at the SHAPE Education Center, go online at www.uopxoverseasmil.com, or contact your local field representative at DSN 423-4645.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES

CENTRAL TEXAS COLLEGE - CTC

Central Texas College offers AAS in a variety of Vocational Technical fields. We have classes at SHAPE and Brussels. Distance learning is also available for those who prefer taking classes online. Contact your local CTC representative to enroll at DSN 423-7447 or visit the CTC Website at www.europe.ctcd.edu

UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE EUROPE (UMUC)

The mission of the Maryland programs in Europe is to provide academic programs to members of U.S. military communities throughout the European Command. The goal is to make those programs accessible to students who already have substantial commitments to careers and families.

Through the undergraduate and graduate programs offered, members of the military services and civilians overseas can take individual classes for personal enrichment or pursue a program of course-work leading to a certificate, associate degree, bachelors degree, or masters degree. Learn more by visiting www.ed.umuc.edu or see your local representative at the Education Center at DSN 423-5173 or email at shap@fieldrep.ed.umuc.edu

UNIVERSITY OF OKLAHOMA - OU

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
Email: apshape@ou.edu

A degree from the University of Oklahoma symbolizes a high quality education and OU's dedication to excellence. In 1964, the University began serving the educational needs of the United States Armed Forces. Today, thousands of men and women have completed their degrees; you too can experience the tradition and heritage of a higher education offered by OU. Get a Masters in Human Relations and/or a Masters in International Relations. Degrees are in an intensive format, requiring 36 semester hours, there is no thesis or admissions test required, admission is based on your undergraduate GPA. Contact your local field representative at email apshape@ou.edu or visit our web page www.goOU.ou.edu or www.goOU.ou.edu/europe/shape.htm for more information.

SHAPE Education Center National Exam Dates

TEST	(Must be) Ordered by COB	Test Date
Praxis	20 Oct 2005	11 Jan 2006
Praxis	16 Dec 2005	08 Mar 2006
Praxis	09 Feb 2006	03 May 2006

ASE Test Fees for 2005

\$25	Paper/Pencil Testing
\$32	Registration Fee
\$25	Regular Testing Fee
\$50	Advanced Level Test Fee
\$38	Engine Machinist Discount Test Fee
\$65	Recertification Test Fee Cap
\$35	Late Registration Fee

To order a test, contact DSN 423-5501

**“Make a World of
Difference”
Participate in the
Combined Federal
Campaign (CFC)
Deadline is
December 2**

SHAPE LANGUAGE CENTRE - SLC

Bldg 211, SHAPE
DSN 423-4971 CIV 065 44-4971
Open M-F 8:30 a.m.-5 p.m.
Classes M-F 9 a.m.-8:30 p.m.
Closed SHAPE Holidays

Open to SHAPE ID cardholders 16 years and older. Courses are offered in two sessions (September to January and February to June) in the two NATO official languages – English and French. Danish, Dutch, German, Greek, Italian, Polish, Portuguese, Spanish, Turkish and Russian are also taught. English and French classes are held during working hours, and an evening program is offered to allow staff members to attend. Classes in the other languages run during lunch times. The Centre has a small language laboratory and library with free access for all SLC students.

Spring Session
Feb 6-Jun 16

COMMUNITY RECREATION

Chievres Airbase Library

Chievres Air Base (CAC)
DSN 361-5767 CIV 068 27-5767
Open Tu-F Noon-6 p.m.
Sa 10 a.m.-5 p.m.
Closed Sundays, Mondays and
Holidays

The Chievres Library is now online and automated! We have joined the Army Europe Libraries' (AEL) European Library General Information System (EGLIS). Stop in to see our exciting new changes and check-out our growing collection of over 10,000 books, including new bestsellers, current release DVDs, Videotapes, Audio books and Language tapes. The staff is available to assist patrons with book recommendations as well as provide reference service through the many AEL online databases and journals. Internet access is available on five modern workstations and limited photocopying service is free.

Story Time

Our Story Time goal is to help toddlers and preschoolers learn to pay attention in a social setting for an extended period (roughly 30 min) while they make new friends, enjoy some wonderful stories from our collection and make a fun craft. Help your children learn to love reading. Story Time is offered every Thursday from 4:30 - 5 p.m. For more information, please call the Library at 068-27-5767 or email us: chievreslibrary@benelux.army.mil.

COMMUNITY RECREATION
SHAPE International Library

Bldg 307, Community Activity Center, SHAPE
DSN 423-5631 CIV 065 44-5631
Open M-W 9 a.m.-8 p.m.
Th-F 9 a.m.-6 p.m., Sa 10 a.m.-5 p.m.
Closed Sundays and
SHAPE Holidays

The SHAPE International Library is a multi-purpose facility serving as a lending library, reading room, cultural center, gallery for art exhibits, and a computer center where patrons can access electronic information sources such as the Internet, CD-ROM programs, and utilize word processing software. A library card is required to check out library material and to use the computers. There is no charge to register for a library card, however, there is a small charge for copies.

Library Gallery

As a special feature and to expand cultural awareness, the library hosts art displays by different local artists each month. Come in to view the beautiful and creative art shows.

Book Discussion Group

This fabulous book club, known as the “Page Turners” meets at 5:30 p.m. the 3rd Wednesday of each month. New members are always welcome. Next meetings will be on November 16 and December 21.

Lap Sit

The SHAPE International Library brings parents and toddlers together with a program called Lap Sit. The program is for toddlers up to 24 months and is held Wednesdays from 10-11 a.m.

Preschool Story Time

Tuesdays at 10 a.m. at the SHAPE International Library.

Fall/Winter Reading Program

Fall Reading Program is geared toward children ages 8 - 10 years and offered November 30 from 3:45 - 4:45 p.m. The Winter Reading program is offered on December 1 from 3:45 - 4:45 p.m. and geared toward children ages 6-7 years.

Christmas Story Hour

Wednesday, December 14
children ages 8 - 10 are invited to join in on a Christmas story time.

Thursday, December 15 for children ages 6-7 years from 3:45 - 4:45 p.m. the Christmas Story Hour will treat the kids to a fantastic afternoon.

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chievres Air Base
Fitness Center & Library are also
located in the CAC.

DSN 361-5506 CIV 068 27-5506

Email address:

Chievresactivitycenter@benelux.army.mil

We have regular scheduled activities in our gym and community room along with special events and functions. Please see our posted schedule on the Sports and Fitness Board. As soon as we know our regular schedule will be interrupted, we will post the changes.

The CAC is also available for private and official functions to include a variety of events such as birthday parties, bazaars, traditional holiday observances etc.

Fitness Center

Chievres Air Base, CAC

DSN 361-5643 CIV 068 27-5643

Open M-F 6 a.m.-9 p.m.

Sa 10 a.m.-7 p.m., Su 10 a.m.-5 p.m.

Call for Holiday schedule.

Did you know that the vast majority of people who have lost more than 30 pounds and kept it off for five years or longer have learned to add exercise into their daily lives?

No matter how active you are right now, use our Fitness Center to accomplish your personal goals with our new group fitness classes.

Fitness Center Orientation

First time here? Aren't sure what to do and how is the equipment set up? When is the best time to workout or how does the TV channel get changed? Heard we have a sauna, an indoor and outdoor running track, and extra locker rooms? So we don't forget anything, we have organized a tour of 45 uninterrupted minutes to familiarize you with our facility, services, programs, and equipment. We're happy you're here and we're here to serve you!

Get off on the right foot and sign up for a fitness center orientation offered every fourth Thursday of the month. If you can't make it to the tour, we're still here to answer all your questions.

**Chievres Holiday
Bazaar**

Dec. 2-4

**In the Community
Activity Center (CAC)
Hangar #4**

COMMUNITY RECREATION**Fitness Center****Turbo Kick**

Turbokick combines shadow-boxing and kick boxing, sports drills, simple dance moves, and yoga. This is a 60 minute interval based class that allows participants of any fitness level to participate and custom tailor their workout. Classes are offered Mondays and Wednesdays at 9:30 a.m.

YOGA for EVERY BODY

This class is for any fitness or flexibility level. It's a great way to tone up and un-wind. You don't need any equipment, but you may want to purchase a long, non skid mat. Classes are being held on Tuesdays and Thursdays from 10:30-11:30 a.m.

The Baby Buggy Brigade

You're ready to go...the little one (or ones) are bundled up in the stroller and you're all going out for some much needed exercise... but we're in Belgium...and it rains a lot... a whole lot. We have an indoor track! Led by one of our fitness center staff, we invite you to push that baby and buggy around our indoor track three times a week. We will also have optional strength/toning stations set up around the track for you to stop at along the way (baby permitting, of course). We will meet Monday, Wednesday, and Friday from 10:30-11:30 a.m.

**W.O.W. - Women on Weights**

This is it! Bring a friend to pair up with, or we can find a partner for you. We'll utilize the weight room and the indoor track for a fast paced, efficient, total body workout. We meet twice a week on Tuesdays and Fridays from 9:30-10:30 a.m. and class will be limited to 8 people. You must sign up at the Fitness Center Desk.

**WOMEN, INFANTS AND
CHILDREN OVERSEAS
(WIC Overseas)**

SHAPE Healthcare Facility
DSN 423-5971 CIV 065 44-5971
Open Tu/W 8 a.m.-5 p.m.,
Th 1-5 p.m. Hours are flexible and
can be adjusted.

*"Helping Children Get the Best
Possible Start"*



WIC Overseas provides nutrition education and supplemental foods to pregnant and breastfeeding women, as well as infants and children up to 5 years. Eligibility is determined by family size, income and other criteria. Call the WIC Overseas office for more information and to see if you qualify.

ATHLETICS PROGRAM

Bldg. 313, SHAPE
DSN 423-5325 CIV 065 44-5325

The Main Gym has an extensive program that includes cross-country runs, soccer, cricket, badminton, swimming, rifle and pistol competitions. Special events are held such as softball, volleyball, baseball tournaments as well as the annual SHAPE International Basketball Tournament.

The facilities offers basketball, volleyball, badminton, squash, racquetball and handball courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, outdoor fields for soccer, football, rugby, baseball, softball, cricket and tennis. Also available are personal trainers, tennis instructors and massage therapists.

Indoor Pool Operating Hours Lane Swim

M-F 6:30-8 a.m.
11:30 a.m.-1:15 p.m. and 5:30-7 p.m.

Family/Open Swim

Sa/Su 10 a.m.-3:30 p.m.

Green Gym

DSN 423-5156 CIV 065 44-5156
M-F 6 a.m.-9 p.m., Sa/Su and SHAPE Holidays 10 a.m.-4 p.m.

Fitness Introduction Class

The cost for all fitness classes are:
5 classes for €18,
10 classes for €33, and
15 classes for €43. Tickets for the classes can be purchased in the Main Gym checkout. Newcomers may try one class for free.

ATHLETICS PROGRAM Fitness Classes**Body Blast Class**

Mondays from 9:30-10:30 a.m.

Spinning

Mondays, Wednesdays and Fridays from 12:15-1:15 p.m.

Circuit Training

Mondays, Wednesdays and Fridays from 12:30-1:30 p.m.

Tae Robics

Mondays and Fridays from 2-3 p.m.

Martial Art

Tuesdays and Thursdays from 11 a.m.-Noon

Yoga Flow Class

Wednesdays from 9:30-10:30 a.m.

Yoga Stretching

Wednesdays from 4:30-5:30 p.m.

Yoga

Thursdays from 9-10 a.m.

Water Aerobics

Thursdays from 7-8 p.m.

Fit Ball Class

Fridays from 9:30-10:30 a.m.

ATHLETICS PROGRAM Fitness Classes**Mommy and Me Fitness**

DSN 423-4247/3945
CIV 065 44-427/3945
M-F from 9:30-11:30 a.m.
Fitness Suite

SHAPE Community Level Sports

DSN 423-8007/3993
CIV 065 44-8007/3993
Men and Women Softball
Tuesdays and Thursdays
Two games played beginning at 6:30 p.m. on field 8 and 9.
located behind SHAPE Health Care Facility.

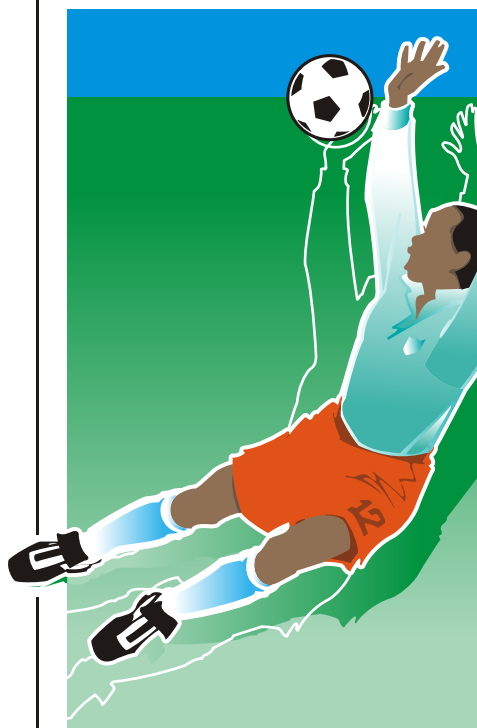
Tournaments**Dodge Ball**

Come and join us for the first Dodge Ball Tournament on November 9 at the SHAPE Main Gym. This event allows adults to relive a portion of their past and play dodge ball again

Pot Luck Football (Soccer)

On November 13 come out for a nice free fun Pot Luck Football (Soccer) Tournament.

For more details call DSN 423-3945.

**Other SHAPE Main Gym Activities**

VOLLEYBALL
SOCCER
UNIT LEVEL BASKETBALL
RUGBY
COMMUNITY BASKETBALL
SHAPE SEALS

For more details call DSN 423-3195

ATHLETICS PROGRAM Fitness Classes**42nd International Basketball Tournament**

This is the largest sporting event on the NATO calendar and will be played at the SHAPE Main Gym from December 5-10. Confirmed teams are from Canada, Czech Republic, Germany, Italy, Latvia, Lithuania, Turkey, United Kingdom, USA and of course the SHAPE Community Team. For more details, please call DSN 423-3905.

OUTDOOR RECREATION CENTRE

Bldg. 307, SHAPE
DSN 423-5380 CIV 065 44-5380
Open M-F 10 a.m.-4 p.m.
Closed Sa/Su, and SHAPE Holidays
Stop by and pick up a price list!

The Outdoor Recreation Rental Centre offers a wide variety of outdoor recreation equipment and has everything you need for outdoor activities. Stop by and pick-up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Some items that are available are ski equipment, mountain bikes, camping gear and heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills and super cookers. For those interested, Outdoor Recreation has hall-sized Bingo Machines available for rental. For customer convenience, rental reservation by credit card over the phone is accepted.

SHAPE AUTO SKILLS CENTRE

Bldg. 314, SHAPE
DSN 423-4693 CIV 065 44-4693
Open Tu-Th Noon-8 p.m.
F Noon-6 p.m., Sa 10 a.m.-6 p.m.
Closed Su/M and SHAPE Holidays

Keep your vehicle in peak running condition and save money by taking advantage of all the tools and facilities available. The Auto Crafts Shop offers 14 work areas and 4 lifts with tools available to use for the simplest to the most complex automotive repairs.

Qualified mechanics can assist you and lend a hand if needed. The services available include wheel balancing, head light adjustment, oil-changing, pre-control technique (CT) inspections and much more.

SHAPE BOWLING

Bldg. 502, SHAPE
DSN 423-5697 CIV 065 44-5697
Open M-Th 11 a.m.-11 p.m.
F-Sa 11-1 a.m., Su and SHAPE
Holidays Noon-11 p.m.

LEAGUES

The Pizza Bowl is a 12-lane bowling center which provides services for 11 leagues, consisting of a large youth program, men's, women's, and mixed bowling. If you are not in a league, come and see for yourself all the fun and excitement that we have in store.

COSMIC BOWL

Glow-in-the-dark bowling happens Friday and Saturday nights.

BOWLING SPECIAL

From 11 a.m.-2 p.m. on Mondays and Fridays pay only €1.00 per game.

SUNDAY IS FAMILY DAY

All games are only €1.50

SHAPE HOLIDAYS

Bowl for €1.50 per game

BOWLING BIRTHDAY PARTIES

Try the Pizza Bowl for your child's next party complete with party favors, shoes and bumper bowling. The Pizza Bowl is also available for teen and adult parties.

PRO SHOP

Stop by the Pro Shop for many choices in bowling equipment. The Pro Shop also offers a *state of the art* drill press for drilling balls; any bowling ball can be drilled on site. Appointments are required.

SHAPE PIZZA BOWL

Bldg. 502, SHAPE
DSN 423-5696 CIV 065 44-5696
Breakfast M-F 8-10:30 a.m.
Sa/Su 8:30-11:30 a.m.
Lunch M-Th 10:30 a.m.-9:30 p.m.
F 10:30 a.m.-11 p.m.,
Sa 11:30 a.m.-11 p.m.
Su 11:30 a.m.-9:30 p.m.
SHAPE Holidays Noon-8 p.m.

Come try a delicious pizza and check-out our new snack bar menu with many items such as Biscuits and Gravy, Mexico Platter with Tacos, Burritos, Spanish Rice and Refried Beans, Chicken Caesar Salad, French Toast and Otis Spunkmeyer muffins, and cookies

Holiday Hours

**SHAPE Pizza Bowl
and Snack Bar
will be closed on:**

**Christmas Eve,
Christmas Day and
New Years Day.**

SILVER SPOON – HQ Cafeteria

Bldg. 102, SHAPE
DSN 423-5114 CIV 065 44-5114
Breakfast M-F 7:30-10 a.m.
Lunch M-F 11:30 a.m.-2 p.m.

Café Bar

Open M-Th 9 a.m.-5 p.m.
F 9 a.m.-3:30 p.m.

The HQ Cafeteria offers a large variety of choices from sandwiches, to hot full-course meals and a large salad bar. For a menu listing, pick up a SHAPE Community Life magazine or go to www.shapeonline.net.

SHAPE OFFICER'S CLUB

Bldg. 903, SHAPE
DSN 361-4133 CIV 065 44-4133
Dining Room Lunch
M-F 11:30 a.m.-1:30 p.m.
Steak Night Thursdays 6-9 p.m.
Ballroom is available to rent for receptions up to 500 people and for seating up to 350 people.

The Namur room at the Officer's Club is now open as a new dining area after the IC Club closure.

The room will operate essentially the same as the officer dining area with items such as lasagna, tacos, and other inexpensive items available to you for around €5. Additionally, we will have our ongoing Business Lunch all-inclusive special for €7.50. With your help we'll continue to grow the program and tweak it to what you want. Come on out and give our new dining experience a try!

Mons Bar

Open M-W 5-11:30 p.m.
F 3:30 p.m.-Midnight for Disco Night
Food Service available M-F 6-9 p.m.
Happy Hour Wednesdays 6-7 p.m.
Dart Night every Monday only €5.

Sunday Brunch

Call for reservations.

**SHAPE INTERNATIONAL
COMMUNITY CLUB**

Bldg. 303, SHAPE
DSN 423-5129 CIV 065 44-5129
Stag Bar

Open M-Th 4:30-11 p.m.
Thursdays is Disco Night and open until 2 a.m., F 3:30 p.m.-1 a.m.
Closed Saturday and Sunday.
The IC Club is available to rent for private parties and social events.

**Tuesday, 15 November
2 p.m.**

**SHAPE Cinema
Morning Star Dancers
Perform "Live"**

**Celebrate
Native American
Heritage Month!**

GOING SOMEWHERE?**Discount Airfares for Military Families**

United Airlines is offering reduced fares for active duty and reserve members of the Navy, Marines, Army, Air Force and National Guard. In addition, Service Members' spouses and dependent children are also eligible. These special fares are not available at the United Airlines website. To purchase the special fares, Service Members should contact United Reservations at 1-800-241-6522 and identify themselves as eligible for military fares. All passengers eligible for these and other military fares must carry proper identification. Service Members can travel with these special fares all the way through January 31, 2006.

For more information on Military Travel Specials visit
www.military.com/travel

OPERATION R&R Continues...

Now more than ever, Edelweiss Lodge and Resort stands poised, Ready To Serve You. Operation Iraqi Freedom and Operation Enduring Freedom Service Members and their families on R&R leave, redeployed block leave status in Iraq are all eligible to receive this incredible package deal. The Edelweiss Lodge and Resort is now offering a special program to provide a vacation for Operation Iraqi Freedom and Operation Enduring Freedom Service Members and their families.

SHAPE ARTS & CRAFTS CENTRE

Bldg 209, SHAPE
DSN 423-4680 CIV 065 44-4680
Open M-Th 8:30 a.m.-5:30 p.m. and
F 8:30 a.m.-4:30 p.m.
Closed Sa/Su and SHAPE Holidays

Are you looking for a present, but don't know what to give?

A Gift certificate from the Arts and Crafts Centre can help solve that problem.

You can either buy courses or material with a Gift Certificate. Call or come to the Arts & Crafts Centre for more details!

The Centre features a ceramics studio, wood and framing shops, custom engraving and classes on painting, drawing, flower arranging, quilting, basketry, jewelry design, oil painting, watercolor, wood turning and much more. Classes are taught by a multinational staff and freelance instructors. It is a great place to work and meet people. Sorry, registrations cannot be taken over the phone. Class registration is confirmed at time of cash payment in Euros.

Arts and Crafts Children's Birthday Parties!



Plan events like: Bisque Painting, Candle Making, Ceramic Tile Mosaics, Puzzle Photo Frame, Mug or Plate Painting, Swarovski Jewelry Making, and much more!

**Call DSN 423-4680
for details.**

SHAPE ARTS & CRAFTS CENTRE

CHILDREN'S CLASSES

(from age 8)

Basic Ceramics

This is a 3 lessons class during which children will learn all the skills they need to get started in ceramics. The fee is € 30.00 for 3 lessons (supplies are not included) Call for next class schedule.

Decoupage – Napkin Art

Learn to make decorative trays, boxes and other items using paints and napkins. The fee is €15.00 per class (supplies not included).

SHAPE ARTS & CRAFTS CENTRE

POTTERY OPEN STUDIO WORKSHOP

Pottery on the wheel or hand building Open to all levels! This approach is to foster an open, friendly and creative environment, where students will benefit from various levels of ability. The instruction includes pottery on the wheel and hand building using the slab roller etc...

The Workshop is offered Saturday morning from 9-11:30 a.m. on November 12.



ADULT CLASSES

Crochet

Dreaming about curling up under a comfy handmade afghan? Then give crocheting a try! You will learn different techniques, and after completing the course, you will be able to create beautiful tablecloths, afghans, sweaters etc. Call for next class dates and times.

Cross Stitch Embroidery

Throughout the centuries people have been practicing the arts of counted cross-stitch embroidery. This craft remains as popular today as ever. Our instructor will give you step-by-step instruction on how to complete your counted cross-stitch embroidery. All levels will be taught, according to demand.

ADULT CLASSES

Quilting

Our new instructor will teach you how to make wonderful and decorative Quilts. Join the beginners course (Sampler Quilt) and learn different techniques, all in one quilt, or try one of the many other courses.

The beginner course/Sampler Quilt 60"x45" will be on November 8, 15, 22, 29 and December 6, 13, from 1-3 p.m. The fee for the class is €100.00 for 10 lessons.

Swarovski Jewelry Making

If you are fascinated by Swarovski Crystal and enjoy beautiful jewelry, you will love this course. During the class of 4 lessons you will learn how to make a ring, earrings, a necklace and a bracelet. Please call for next class dates.

Grandma's Attic is looking for Crafters of all kinds

If you are interested in selling your crafts bring them out and we will help you in every way we can. We can help you with tags and suggestions on pricing (if needed) and display your crafts so others can see them.

Contact Grandma's Attic at 068 27-5219 or Vicki at 065 59-5288

Hours of operation: Thursday, Friday and Saturday from 11 a.m.-3 p.m.

Consignments are accepted Thursdays and
1st and 2nd Saturday from 9-a.m.-Noon

SHAPE TRIPS & TOURS

Bldg 307, SHAPE
Community Activity Center
DSN 423-3884 CIV 065 44-3884
FAX 065 44-5754
Email: st&t@benelux.army.mil
Open M-F, 9 a.m.-4 p.m.
Closed SHAPE Holidays
<http://www.Shapeonline.net>

11 November 2005**Verdun Battlefields Weekend**

Discover details of the most intense battles of WWI by covering a vast part of the battlefields of Verdun. Our local English-speaking guide will take us on an extensive tour of the Memorial of Verdun in Fleury, the Bayonet Trench, Fort Douaumont and the Ossuary of Douaumont - and they are only Friday's destinations.

A full schedule for Saturday and Sunday is also planned, with stops at Vauquois with the underground tunnels, the American Cemetery and Monument and Hill 304.

Price: €208 per single room,
€166 pp in a double room,
€155 pp in a triple or quad room

12 November 2005**Discover Amsterdam**

Amsterdam is an incredible European city with a flavor all its own. There is so much to do in this exciting city of canals. There are plenty of museums, parks and canals to explore. After you've enjoyed all that sightseeing, you might want to take some time shopping along the pedestrian zone of the city or get something to eat in one of the many charming sidewalk cafés, where you can find good food at reasonable prices. The day is yours to spend as you please. Price: €25

UPCOMING TRIPS!**November**

- 5: Outlet Shopping
- 11-13: Verdun WWI Weekend, France
- 12: Amsterdam, NL
- 19: Horseback Riding in Chaleux
- 20: Horseback Riding in Cuesmes
- 26: Sedan & Bouillon Castles, Belgium & France
- 29: Czech Republic, Hungary & Austria

December

- 3: Paris, France
- 10: Christmas in Alsace Region, France
- 17: Cologne Christmas Market, Germany
- 17: Horseback Riding in Chaleux
- 22-29: Christmas in Italy

**18-20 November 2005****Poland Express**

Join us for an express trip to Poland. We depart SHAPE on Friday evening and drive through the night, with a breakfast stop and the chance to freshen up in Germany before we reach Boleslawiec. We will have several opportunities to "shop 'til we drop" when we arrive in Poland. In addition to the coveted, colorful pottery, you will find baskets and decorative items to include crystal and china for your home. If you reach your shopping limit before your time expires on this whirlwind trip, feel free to take a taxi and explore the delights of this charming city. Price: €149

26 November 2005**Bouillon and Sedan Castles**

There's no need to travel far to see massive, sprawling, fortified castles and witness incredible demonstrations of falconry. We'll travel to the Belgium/France border and enjoy guided tours of two strategic yet turbulent castles. Bouillon is a highly visible centerpiece with the appearance of a fairy-tale book illustration. The city of Sedan offers fine views and lays claim to imprisoning Napoleon III during the Franco-Prussian War in 1870. Spend a day in the past! Price: €39 Adult, €35 Children ages 0-12

**Chievres Boarding Kennel**

Reservations and general information call 068 27-5436.

3 December 2005**Paris - The City of (Christmas) Lights**

If Christmas shopping is on your agenda, don't miss the large department stores Printemps and Galleries Lafayette. If perfume is on your list be sure to check out one of Fragonard's perfumeries. You can visit the Arc de Triomphe, Notre-Dame, the Louvre, or one of the many other museums in this culture rich city. After a day of sightseeing or shopping we will take a drive down Champs-Elysee for a view of the Christmas lights before heading home. The list of things to do and see in the City of Lights is endless. Join us and find out for yourself!

Price: €25, Children 2 and under €15.

**22-29 December 2005****Christmas in Italy**

Celebrate the holidays with us in Italy! After a relaxing drive to Italy, we will spend the first evening in stylish Milan. We will indulge in a special Christmas dinner in the hotel, and have the opportunity to experience a guided walking tour of ancient Rome. On the 26th it's off to unravel the mysteries of Pompeii with a guided visit. After two evenings in Florence, we will continue on to Strasbourg where we will spend the night before returning to Belgium on the 29th. Come experience an unforgettable Christmas in one of the most spectacular countries in the world! Included - Seven night accommodations, bus transportation, seven breakfasts, four dinners, and guided visit of Pompeii. €1210 single, €1020 pp double or twin room, €1015 pp triple, €870 child age 3-12, €229 child age 0-2 (Sharing a room with two fully paid guests).



Annual Holiday Tree Lighting Ceremony and MWR Pictures with Santa

The annual Holiday Tree Lighting Celebration has grown to be one of the much-anticipated events in our community. It is held on the first Friday in December from 5:00-7:00 pm, on Chievres Air Base, Community Activity Center (CAC), Hangar #4.

The event includes the lighting of the community Christmas tree, caroling, and pictures with Santa. This year the Holiday Tree Lighting Ceremony will be on December 2. At 5 p.m. Colonel Nowowiejski will give a holiday speech followed by a presentation of the SHAPE Children's Choir in the CAC. From there we will walk over to the Christmas Tree which is located between the Andrews Federal Credit Union and Grandma's Attic Building; where we will wait for our special visitor from the North Pole - Arriving on his bright red Harley to help light the Christmas Tree.

Following the Tree Lighting the fun will move to back indoors to the CAC where the MWR Marketing Team will be taking the traditional FREE photos with Santa and giving out goodie bags for all the good boys and girls.



USAG-BENELUX, MWR Community

As the end comes near and the community events of 2005 wrap-up, MWR would like to thank the many people and organizations that come together in powerful ways to make many events we do each and every year happen. Without you, our events may not happen at all!

The USAG-Benelux MWR Team would like to take this opportunity to thank all our sponsors and donators who contributed prizes and money so generously to all our events this last year, 2005. We look forward to great events next year, in part made possible by our great sponsors.

Thank you for helping make this a great year for all. Have a safe and happy Holiday Season!



HERE ARE SOME JOB OPENINGS FOR YOU!

Bartender

Job location: Chievres, Brussels and Schinnen

Job summary: Responsibilities include setting up bar for operation, mixing and serving drinks, obtaining cash bank and stocking service bar. Job can be filled as full-time, part-time or intermittent position.

Pay: \$8.18/hr.

Food Service Worker (flexible)

Job location: Chievres and Schinnen

Job summary: Responsibilities include setting up cafeteria lines and tables, making cold sandwiches, cleaning and helping around the kitchen.

Pay: \$7.56/hr.

Animal Caretaker

Job location: Chievres

Job summary: Responsibilities include providing care of the animals and to keep kennel and premises clean. **Pay:** \$9.45-11.01/hr.

Hotel Desk Clerk

Job location: Hotel Le Maisieres, SHAPE

Job summary: Responsibilities include: making reservations for incoming guests, issue room keys, assisting guests with required forms, compute charges for guests checking out, receive payment and room keys. **Pay:** \$5.15-13.18/hr.

Recreation Assistant

Job location: Chievres, Brussels and Schinnen

Job summary: Responsibilities include issuing tools, equipment and games to authorized customers. Checking ID's, collecting fees and completing appropriate documentation.

Pay: \$6.75-11.87/hr.

To apply for any of the positions mentioned above, please contact the NAF Office at DSN 361-5306/5143 CIV 068 27-5306 or fax your resume to DSN 361-5386 CIV 068 27-5386.

The USAG Brussels Education Center is looking for a Dutch language teacher for the quarterly Head Start Language Orientation Program. Dates and times are negotiable. The position is covered by a part-time employment agreement with Central Texas College. Please contact the Education Center at DSN 368-9704 or 02 717-9704 for further details.

New to the community?

Here are programs in the community that are available to newcomers that want to learn more about where they live and work.

USAG BENELUX Newcomer's Briefing. On November 9, and January 11 get a complete overview of the military community on SHAPE/Chievres. Come to the Hotel Le Maisieres at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID cardholders. Call CIV 065 44-4332 for more details. All participants are treated to a free lunch, sponsored by United Furniture and Celtic Spring Water.

W.E.B. Office. Welcoming Everyone to Belgium is located in the Hotel Le Maisieres, beside the American Lounge and open Monday through Friday from 9 a.m.- Noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities and information about events in the local area.

Take the Bus. Meet outside the Hotel Le Maisieres on Thursday, November 10, or January 12. Explore with ACS and learn how to find your way around in the area using the Belgian bus system. To sign up call CIV 065 44-4332.

Take the Train. Find out how you can discover your new area while traveling around using the Belgian train system on Friday, November 18, or January 13. Trips include visits to the markets at the Grand Place in Brussels, where there is always something exciting going on. To sign up, call ACS at CIV 065 44-4332.

Cultural Adaptation Trip. Another great opportunity to explore your new surroundings. Get interesting insights about the Belgian culture, eat great waffles, visit a Belgian vintage store and go on a guided tour of one of the oldest family breweries in Brussels. In November get a first hand look how beer was brewed 100 years ago with a special demonstration at the brewery. The cost for this great trip is only €5 and includes the entry fee and the guided tour of the Brewery. In December the Cultural Adaptation Trip is free and will take you to the unique atmosphere of the traditional Christmas Market in Liege. The central square of Liege and the neighboring Place du Marche stage one of the biggest Christmas Markets in Belgium, consisting of 155 decorated chalets. Call CIV 065 44-5324 to get signed up for the scheduled trips for November 12, December 10 and January 14. Group meets at 8:45 a.m. in front of ACS, Bldg 318, SHAPE.

French HEADSTART. A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chievres community. There is no fee and a textbook is provided. Next scheduled classes are November 14-25 from 9 a.m.-noon and December 6-17 from 1:30 - 4:45 p.m. Call the Education Center at CIV 065 44-3466 to sign up.

Rendez-Vous with French. This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class but can assist you on where to find the best language training in the area. Next classes are on November 15, December 20 and January 17. To sign up, please call the Welcome Everyone to Belgium (WEB) office at the Hotel Le Maisieres at DSN 366-6252 or ACS at 423-7598.

SHAPE Language Center. Provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish and Russian. This is a wonderful opportunity to learn another language. Receive 50% discount on your dependents 1st English or French beginner course if you sign up within your first six months in the community. The Language Center offers a Spring/Summer, and Fall/Winter class and is located on SHAPE in Bldg 211. Enrollment for new students in the Spring classes is January 30. The Spring session goes from February 6 to June 16. Call CIV 065 44-4971 for additional info and to make appointments.

Job Opportunities Workshop. Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, Room 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment related services from building your resume to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses and family members (to include youth) are eligible to use these services. To register, call CIV 065 44-4904.

Lending Locker. Call ACS at CIV 065 44-4332 to borrow items while moving. The Lending Locker is located on SHAPE in Bldg 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.



USAG Benelux Yellow Ribbon Program

Yellow Ribbon Families Group
Meet every Tuesday from 9-10 a.m.
in the ACS Yellow Ribbon Room
DSN 423-4332 CIV 065 44-4332

New to the community?

Available programs in the community open to newcomers that want to learn more about where they live and work:

Brussels Community

USAG Brussels Newcomer's Briefing. This three-day workshop ensures a smoother transition for new arrivals and is offered quarterly. On day 1 key agencies will present a brief overview of their programs and answer your questions. On day 2 the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day 3 the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up for the next 3-day Newcomer's Briefing, please call ACS at CIV 02 717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class. Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Last class for the year will be November 18 from 9:25 a.m.-2:30 p.m. Call ACS at CIV 02 717-9783 to sign up.

French HEADSTART. A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Last scheduled class for the year will be November 14-25 from 9 a.m. - Noon. Call USAG Brussels Education Center at CIV 02 717-9704 for details and to reserve your space.

Job Information Board. If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (NSA Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call CIV 02 717-9783.

Relocation Lending Closet. Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointment only. For details, contact CIV 02 717-9783.

JFC HQ Brunssum/Schinnen Community

Newcomer's Briefing and Newcomer's Orientation. Learn about housing, local bill pay system, medical care and everything there is to know in your new community at the Newcomer's Brief. After the brief go on a tour to explore activities at Schinnen, Treebeek, Brunssum and at Geilenkirchen Air Base with other newcomers! The orientation includes giving driving tips, best routes, local history, finding things, shopping tips, "getting lost" prevention, historical sites and museums, restaurants and more... The Newcomer's Briefing is offered every second and last Friday of the month from 9 a.m.-3:30 p.m. For info and to sign up, call CIV 046 443-7512.

Dutch HEADSTART. Free language orientation course open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). Classes are held November 7-18 from 10 a.m.-1 p.m. at the Treebeek Education Center. Call the Education Center at CIV 046 563-6060/6041 or DSN 364-6060 to sign up.

Finding Employment Workshop Offered every Tuesday from 10 a.m.-noon to help with interviewing and preparing to find a new job. In the afternoon from 2-4 p.m. learn how to create a stunning resume and how to work with Resumix to apply for government jobs with hands on Resume/Resumix workshop. Sign up at CIV 046 443-7269.

Lending/Loan Closet. Open Monday through Friday from 8 a.m. - 4:30 p.m. and located at ACS, Bldg 39/43. Kitchen supplies, household items and various baby supplies are available for community members during relocation. Contact ACS at CIV 046 443-7512.

'Twas the month before Thanksgiving

And all through the lands
Not a turkey was gobbling
Not even the hens

Basting, roasting and stuffing too
Yes poor little turkeys, you soon will be food
With cranberries, cider, and homemade bread
The leaves will start falling orange yellow and red.

Thoughts of family both far and near
Holiday seasons are bound to bring cheer
Loved one gathered around a table so neat
Prayers are all said, now its time to eat

Some little turkeys made it out.... whew
Just wait little birdies the season is still new
For tidings of Christmas begin just next month
And new plans for dinner just won't be enough

Perhaps dear turkey you may find some luck,
Who knows...the new menu may
call for duck!





SHAPE International Band

Annual Christmas Concerts at the SHAPE, Entertainment Centre - Friday, Dec. 2, 7 p.m. - Saturday, Dec. 3, 7 p.m. - Sunday, Dec. 3, 3 p.m. - Donations will be accepted for an international-affiliated charity.

Once Again

The German Pop and Gospel Choir will be on stage at the Entertainment Centre on November 5 at 7 p.m. presenting a 2-hour concert of modern Pop and Gospel songs. Enjoy the rhythm of the music and the sound of the voices. Please contact the SHAPE Entertainment Centre at DSN 423-3312 for additional information.

Native American Dance

15 November at 2 p.m. - In coordination with EEO SHAPE Cinema

Once On This Island Junior

18 November - 7:30 p.m.

19 November - 2 p.m. and 7:30 p.m.

20 November - 3 p.m.

Tickets - Adult: €8 - Student: €6 - Child: €4 - Lap Sit: No charge

Auditions for SEUSSICAL - A Dr. Seuss Musical

19 November 9:30-11:30 a.m.

20 November 6 p.m.

21 November 6 p.m.

This musical is based on the writings of Dr. Seuss and has all the magical persona of a child's imagination. Casting will be for 20 plus adult male/female roles to include children. Auditions for a straight play will also be held at this time.

Brothers From A Different Mother - Magic Show

14 December 7:30 p.m. This is an AFE touring show and suitable for families.

Comedy Tour

Ron White

Robert Hawkins

USO
Until Every One Comes Home

MWR

- Mature Audiences Only -

22 Nov. 2 p.m. - Prime Time Lounge
Daumerie Caserne

22 Nov. 7 p.m. - 3 Star Lounge
USAG-Brussels

Belgian Christmas Markets December 6, 2005 - January 6, 2006

In December each year, Brussels and Bruges are transformed into spectacular winter wonderlands, their Christmas markets of traditional wooden stalls offering enticing gifts, beautiful decorations and tempting regional delicacies. Brussels' magnificent Grand-Place is home to a temporary ice-rink, while Bruges, the 'Venice of the North' is full of seasonal charm.



The Ghent Christmas market is the star of the Belgian Christmas markets with a great variety of items and gifts such as candles, jewels, toys, cribs, garlands, flower arrangements, mistletoe, cards, calendars, food stalls and heartwarming drinks. Plus music and entertainment. Visit www.gent.be for details.

Ron White and Robert Hawkins

Two popular (adult) stand-up comedians tour Belgium! An afternoon of laughs at the Prime Time Lounge, Bldg. #7 then the tour continues to Brussels with another live performance at the 3 Star Lounge - Mature Audiences Only!

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres).

The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

DSN	CITY	CODE	CIV	PREFIX
365	Brussels	02	7079	last 3
368	Brussels	02	7179	last 3
361	Chievres	068	27	last 4
366	SHAPE	065	32	last 4
423	SHAPE	065	44	last 4
360	Schinnen	003146	443	last 4
364	Schinnen	003145	526	last 4

For emergencies call:

Ambulance 112 (Netherlands/Belgium)

Fire 100 (Belgium)

Police 101 (Belgium)

SHAPE 065 44-3333

MP on Base 114 (All Communities)

Poison Control-090-245245

Important Community Phone Numbers

AAFES Brussels	368-9789
AAFES Chievres	361-5100
AAFES Schinnen	360-7586
Rotterdam Annex	362-2359

Armed Forces Network (AFN) 423-4121

AFN Radio Frequencies

Brussels	101.7 FM
Chievres	107.9 FM
SHAPE	104.2 FM, 106.5 FM
Schinnen	89.2 FM

Cinema

JFC HQ Brunssum	0031 455 26-2110
SHAPE	423-5600

Civilian Personnel Office (NAF) 361-5319

Commissary

Chievres	361-5671
Schinnen	360-7513

Computer Help Desk

Brussels	368-9741
Chievres	361-5328
Schinnen	360-7403
SHAPE	423-7251

Equal Employment Opportunity (EEO)

Chievres/SHAPE/Brussels	361-5057
Schinnen	360-7445

Finance Office

JFC HQ Brunssum	364-2829/2839
Brussels	368-9732
SHAPE	423-5211
Dial-a-Rate	423-3601
(SHAPE and Brussels only)	

Healthcare Facility

Geilenkirchen	0049 2451 99-3200
NATO (Brussels)	368-9500
SHAPE	423-5886

Chievres Vet Clinic	361-5435
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MWR Office

Brussels	368-9753
Chievres	361-5246
Schinnen	360-1550
SHAPE	423-4269/4777

Public Affairs Office 361-5419

For non-emergencies call:

American Red Cross

SHAPE DSN	452-9440
CIV	0049 656 561-9440
Geilenkirchen AB	0049 245 163-2068

Military Police

Brussels	368-9769
Chievres	361-5301
Schinnen	360-7555
SHAPE	423-3333/3334

www.afnorth.nato.int

Joint Force Command Brunssum

www.afnorthlibrary.benelux.army.mil

library source

www.nato.int

Northern Atlantic Treaty Organization

www.nato.int/structur/recruit/index.htm

NATO Brussels vacancies

www.afno-is.eu.dodea.edu

AFNorth International School

www.brus-ehs.eu.dodea.edu

Brussels International School

www.usagschinnen.eur.army.mil

provides information on USAG Schinnen

www.shap-hs.eu.dodea.edu

SHAPE International High School

www.shap-es.eu.dodea.edu

SHAPE International Elementary School

www.usagbenelux.eur.army.mil

provides information concerning the 80th Area Support Group

www.shapeonline.net

provides MWR information for programs and services available on SHAPE and open to the international community.

www.usagbrussels.eur.army.mil

provides community event information for the Brussels community.

www.afneurope.net/SHAPE

provides Armed Forces Network Europe information including news and special events information.

www.us.army.mil

links to Army Knowledge On-line

www.tricare.osd.mil

links to US DoD Health Care System

<https://mypay.dfas.mil/mypay.aspx>

manage pay information, leave and earning statements and more

www.cpol.army.mil

provides information on General Schedule and Non-appropriated jobs in the BENELUX

www.nato.int/shape/community/civpers/office.htm

provides information on SHAPE NATO available jobs.

Other Community Information Sources

MWR Europe - Connection Magazine
SHAPE MWR - Community Life Magazine
USAG BENELUX PAO - Meteor-Heraut
JFC HQ Brunssum - Northern Star
USAG Brussels - The Brussels Weekly - a U.S. Tri-Missions newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit website:

<http://www.usagbenelux.eur.army.mil>

Happy Trails!

**Chievres Air Base PX Opening Hours**

Sun - M, 11 a.m.- 6 p.m.

Tu - Sa, 10 a.m.- 7 p.m.

Now Open Mondays!

Do you know about ICE online?

The Interactive Customer Evaluation (ICE) system is a web-based customer evaluation tool provided throughout the Department of Defense (DoD). Rate your praises or concerns about a facility or program and get quick feedback. Web site:

<http://ice.disa.mil/>

Please recycle this magazine after reading.



2005 Holiday Tree Lighting Ceremony



**USAG Brussels
Friday 2 December**

**6:30 - Tree Lighting Ceremony - USAG Brussels Court Area
followed by "Have a snack with Santa" and Family Dance
with no alcohol at the Three Star Lounge.**

**CYS / Boys & Girls Club of America
National Fine Arts Exhibition 2006
From 5 to 11 p.m. at the Three Star Lounge.**



**For more information call
368-9639 or 02-717-9639**

EFMP Accessible.

**Bring your
camera and have
your picture taken
with Santa!**



Holiday Tree Lighting

**Friday, 2 December
Starts 5:00 p.m.**

**Holiday Tree
Lighting Ceremony
Chievres Air Base
Community Activity
Center (CAC),
Hangar #4**

**6:00 p.m.
Free Photos with
Santa, in CAC
(Hangar #4)**

**AAFES Holiday Bazaar
Opens 10 a.m., Friday, 2 Dec and
continues through to
4 p.m., Sunday, 4 Dec.**



The US Army does not express or imply an endorsement of the sponsor, its products, or services.

**Don't forget the annual
SHAPE Christmas Tree
Lighting Ceremony!**

**Monday, 5 Dec.
at 4 p.m.**

SHAPE - Main Building



Santa Claus is coming to town!

**Join Family & Friends for the USAG Schinnen
2005 Christmas Tree Lighting
Ceremony**

**WED
30 NOV**

From 6 to 8 p.m. at the Schinnen Sports Center

**Refreshments, the AIS Choir and, of course, a visit with
Santa and Mrs. Claus.**

Open to U.S. and NATO ID card holders.

**For more information call ACS
DSN 360-7500 / CIU 046-443-7500**

